



BRUCE LEE'S JKD:

WHY HE TURNED
HIS BACK ON
WING CHUN!

By Ted Wong

THE TAI CHI SWORD

China's Best-Kept
Secret Weapon!

Ted Wong

**TOUGH CHOICES!
FINDING
STUDENTS WITH
GOOD MORAL
CHARACTER!**
It's A Lot Harder
Than You Think!

**TSUI HARK'S
FILM DILEMMA!**
Can He Satisfy Himself
And a Fickle Audience?

**PRAYING MANTIS'
5TH SON STAFF:**
A Weapon Steeped
In Chinese Tradition

**DISCOVER!
OUR WINNING
FORMS FORMULA!**

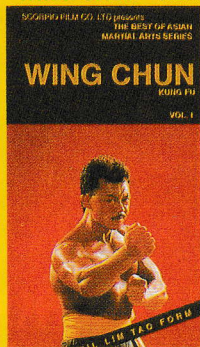
- When to Eat!
- What to Wear!
- How to Train!



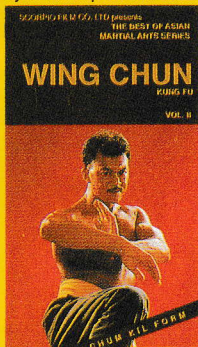
US\$34.⁹⁵_{XX}
per tape

• **WING CHUN** • KUNG FU By Si Fu Stephen T.K. Chan BA (Hons)

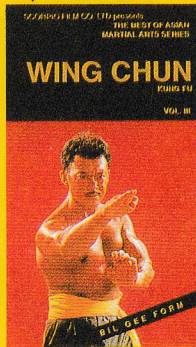
Please use order form on BLT's inside back cover ad!



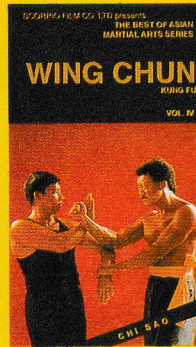
VOL. I 92001
Sil Lim Tao Form & Applications
55 mins.



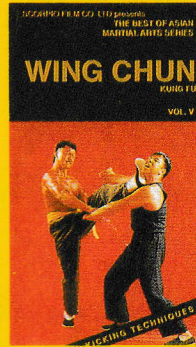
VOL. II 92002
Chum Kil Form & Applications
55 mins.



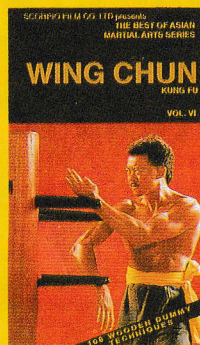
VOL. III 92003
Bi Gee Form & Applications
55 mins.



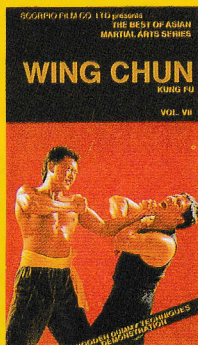
VOL. IV 92004
Chi Sao & Attack & Defend
Techniques
55 mins.



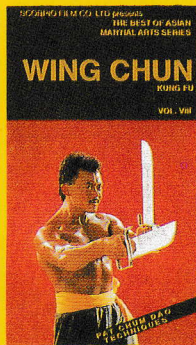
VOL. V 92005
Kicking Techniques
55 mins.



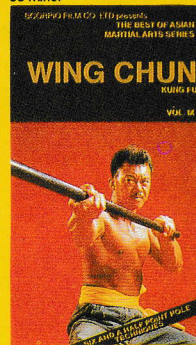
VOL. VI 92006
108 Wooden Dummy Techniques
55 mins.



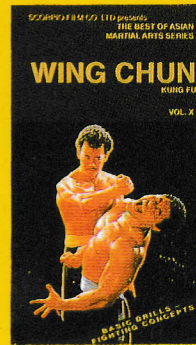
VOL. VII 92007
Wooden Dummy Techniques
Demonstration
55 mins.



VOL. VIII 92008
Pat Chum Dao Techniques
55 mins.

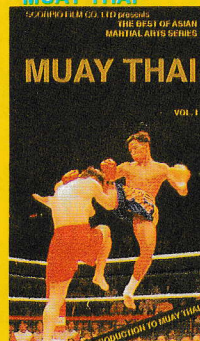


VOL. IX 92009
Six And A Half Point Pole
Techniques
55 mins.

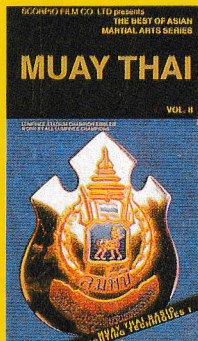


VOL. X 92010
Basic Drills-Fighting Concepts
55 mins.

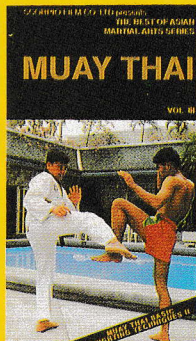
• **MUAY THAI** •



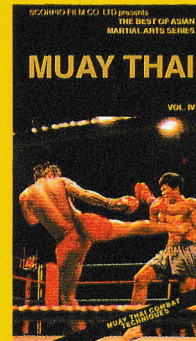
VOL. I 92011
An Introduction to Muay Thai
58 1/2 mins.



VOL. II 92012
Muay Thai Basic Fighting
Techniques I-'Fist & Elbow'
51 1/2 mins.



VOL. III 92013
Muay Thai Basic Fighting
Techniques II-'Feet & Knee'
60 mins.

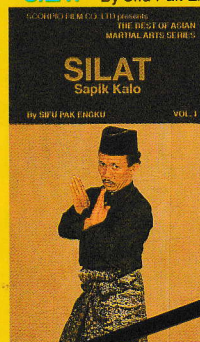


VOL. IV 92014
Muay Thai Combat Techniques
51 mins.

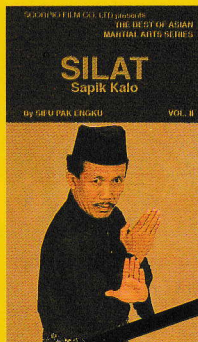


VOL. V 92015
Thai Knives & Pole Fighting
Techniques Demonstration
42 mins.

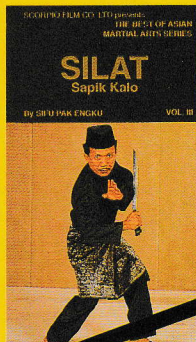
• **SILAT** • By Sifu Pak Engku



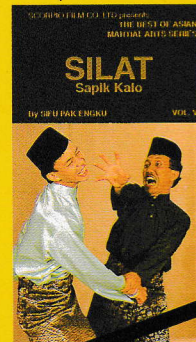
VOL. I 92016
An Introduction to Basic
Techniques & Applications
55 mins.



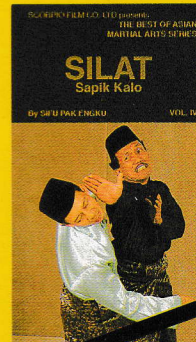
VOL. II 92017
Intermediate Techniques &
Applications
55 mins.



VOL. III 92018
Advance Techniques &
Applications
55 mins.



VOL. IV 92019
An Introduction to Basic
Forms & Applications
55 mins.



VOL. V 92020
Advance Forms & Applications
55 mins.

North America Sole Distributor

To Order Call **Toll Free : 1800-322-2860**

or write to : **BLT Supplies, Inc.**

Mail Order Dept. 35-01 Queens Blvd., L.I.C., NY 11101-1720
TEL (718) 392-5671 FAX (718) 392-5705



Shipping & handling: Continental US: \$4.00 1st tape, \$2.00 each additional tape.

HI, AK, PR, & Canada: \$6.00 1st tape, \$3.00 each additional tape.

International: \$8.00 1st tape, \$4.00 each additional. \$10.00 additional for PAL system.

For Dealer Inquiry Outside North America

Scorpio Film Co. Ltd.,

8 Kent Road, Kowloon Tong,

Kowloon, Hong Kong.

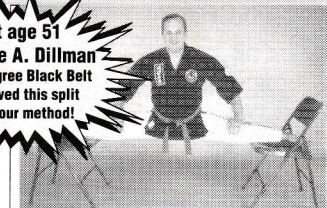
Tel: (852) 94885272 Fax: (852) 3367298

Many companies sell information on stretching but only **STADION** shows customers doing what our ads promise. Photos of our customers tell you what makes our book and video different!
Order our **FREE** brochure to see if **YOU** can achieve splits. Yes, there is such test and we will show it to you!

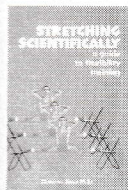
This place
waits
for **YOUR**
photo!

Your Name _____

At age 51
George A. Dillman
9th Degree Black Belt
achieved this split
with our method!



George A. Dillman

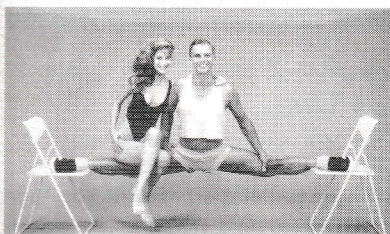


HIGH KICKS & SPLITS WITH NO WARM-UP! NO PARTNER OR EQUIPMENT NEEDED!!!

Stretching Scientifically, A Guide to Flexibility Training

by Thomas Kurz, M.Sc., 160 pages, 124 photos, softcover **\$18.95**, hardcover **\$25.95**

BE A MASTER KICKER IN ONLY EIGHT WEEKS! Use our method to attain maximum height in your kicks and to be able to kick at that height with no warm-up! In this best-selling book, Thomas Kurz tells you how to stretch safely and efficiently to achieve and maintain your maximum flexibility. You will learn how to make your muscles grow longer and stronger, and what exercises are "no-no's" if you want to stretch your muscles.



Thomas Kurz at 35

An "authority" that can't show this is no authority. Get the best, forget the rest!

any other method. This is a "do along" video with four ready made exercise routines (from beginners to advanced). No guesswork—just follow! **No stretching equipment needed** but for strength exercises weights and a pulley are recommended.

THIS VIDEO WILL MAKE YOU AN EXPERT ON FLEXIBILITY & STRENGTH TRAINING!

Tom Kurz's Secrets of Stretching Video

by Thomas Kurz, M.Sc., 98 min., VHS, BETA, PAL (Europe), **\$49.95**

Learn how you can have your full flexibility even without a warm-up and how you can have superhuman strength and flexibility shown in our ads. Just spend **4-15 min. a day** on dynamic (not ballistic) stretches, and twice a week 11-23 min.

on our special strength and flexibility exercises. We improved stretches which scientific studies (Holt, Travis, and Okita) have shown to cause a **273% Greater Increase in Flexibility than**

TAILOR YOUR TRAINING TO YOUR SPECIFIC BLEND OF MIND & BODY!

Science of Sports Training: How to Plan and Control Training for Peak Performance

by Thomas Kurz, M.Sc., 296 pages, softcover **\$26.95**, hardcover **\$33.95**

"The purpose of sports training is to achieve the highest possible sports result for a given individual. Training is efficient if this result is achieved with a minimal expenditure of time and energy."—states author Thomas Kurz. You will master your techniques faster, have more power, react quicker, last longer, and prevent injuries. *Science of Sports Training* will do for speed, strength, endurance, coordination, and technique what *Stretching Scientifically* did for your flexibility. **Apply time and energy saving methods in your training!**

☆ *Stretching Scientifically* and *Science of Sports Training* are the definite texts on their subjects, and no athlete, instructor, or coach should plan a workout without consulting them"—Richard Hoadley, 5th Degree Black Belt, Executive National Director, **U.S. Taekwondo Alliance** ☆ "... the revolutionary fitness techniques of Eastern Europe have begun to trickle into the United States, and leading this flow of information is Thomas Kurz, M.Sc."—**Exercise for Men Only**

☆ "Classic combination of knowledge with experience. Works like this inspire trust."—Stanislaw Przybylski, Doctor of Medical Sciences, **Academy of Physical Education, Gdansk, Poland** ☆ "*Science of Sports Training* would be a nice addition to our resource center and our library"—Dr. Tom Crawford, Director of Coaching Development for the **U.S. Olympic Committee** ☆ "Thank you for *Science of Sports Training*. I am sure you will realize great interest in this subject from our National Governing Bodies"—Dr. Charles J. Dillman, Deputy Executive Director, **U.S. Olympic Committee**

ORDERS: 1-800-873-7117 • QUESTIONS: 1-802-723-6175 • 30 DAY MONEY BACK GUARANTEE!

If you are not happy with your purchase, return it within 30 days, and we will give you full refund!

- ☐ Free Information (includes test of flexibility potential)
- ☐ Stretching Scientifically, Softcover **\$18.95** + \$3.00 AirMail
- ☐ Stretching Scientifically, Hardcover **\$25.95** + \$3.00 AirMail
- ☐ Science of Sports Training, Softcover **\$26.95** + \$3.00 AirMail
- ☐ Science of Sports Training, Hardcover **\$33.95** + \$3.00 AirMail
- ☐ Tom Kurz's Secrets of Stretching, **\$49.95** + \$4.00 AirMail

Circle format: VHS, BETA, and system: NTSC (North America), PAL (Europe)

IKF-994

Name _____

Address _____

City _____

State/Zip/Country _____

Paid by: ☐ Check, ☐ Money Order, ☐ VISA, ☐ MC,

Card # _____

Exp. Date _____ Phone () _____

Signature _____

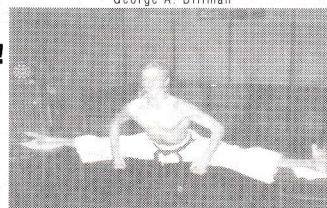
No C.O.D! VT residents add 5% sales tax.
Foreign orders: double shipping costs.
U.S. Dollars Only! Please write legibly so
we can process your order fast!



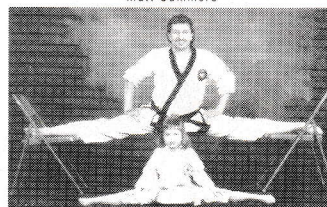
STADION
P.O. BOX 447-B6
ISLAND POND
VT 05846, USA



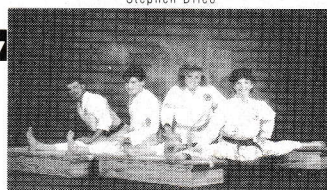
Tom Kurz, internationally
recognized strength and
flexibility expert, age 36,
kicks cold.



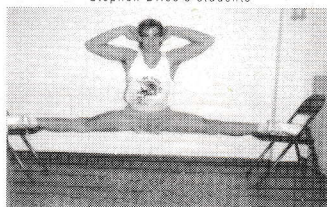
Matt Summers



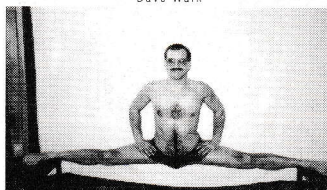
Stephen Dileo



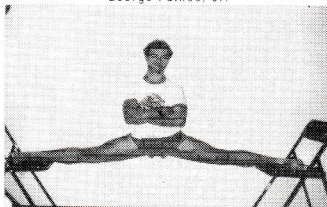
Stephen Dileo's students



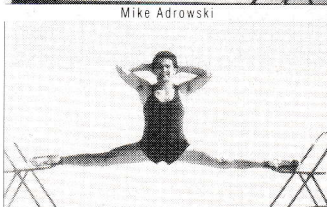
Dave Walk



George Patnoe, Jr.



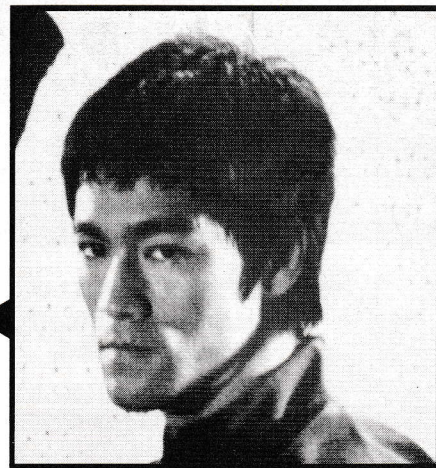
Mike Adrowski



Richard Korczynski



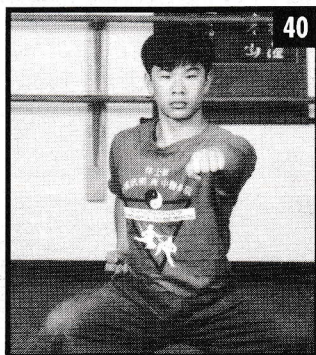
Elias P. Bonaros, Jr.



COVER STORY

36 The Evolution of Jeet Kune Do

Wing chun was just the beginning of Bruce Lee's beautiful journey on the road of martial arts discovery. *By Ted Wong and Tommy Bong*



40

FEATURES

40 Wushu Character

Ideally, the training of a student's character begins with the selection of the student. *By Dr. Wu Chengde and Greg Watson*

44 Tsui Hark—Savior of the Hong Kong Fight Film

When you watch Tsui Hark's films, you'll gawk at his riveting visuals and magical displays of cold steel-slashing bewitchment. *By Dr. Craig R. Reid*

48 Preparing to Win in Forms Competition

There's more to becoming a top-ranked forms competitor than showing up on the day of the event. *By Bruce Fontaine*

52 5 Element vs. 6 Harmony

While both styles share similar internal principles, the external postures are radically different in structure. *By Robert Dreeben*

56 Gao Jia Min—China's Top Taiji Woman

Gao Jia Min never thought about becoming a martial arts champion. For her, it was enough just to find a purpose in life. *By Wen-Mei Yu and Gerald A. Sharp*

66 Push Hands and Self-Defense Skills

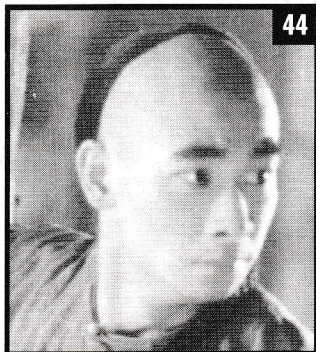
You have to be sure your tactic has failed before you try something else and then you have to be willing to persevere with the new tactic until you're sure it has failed. *By Michael Babin*

70 The Tai Chi Sword

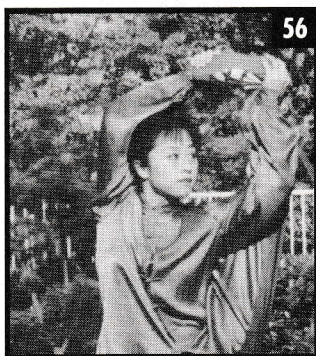
If mastering the tai chi sword is one of the great achievements in Chinese martial arts, why aren't more people taking advantage of this ancient treasure? *By Mark Wasson*

74 The Mantis 5th Son Staff

Its versatility in combat, dynamic footwork and practical approach to battle make it formidable against any weapon. *By Tony E. Clark*



44



56

DEPARTMENTS

14 Letters • 18 Insiders • 22 Training for Life • 24 The Kung-Fu Mind
25 Coming in October! • 26 Burt Offerings • 28 Martial Arts in Movies
30 Rothrock-At-Large • 32 Main Events • 108 Directory

Cover photos by Jaimee Itagaki

INSIDE KUNG-FU (ISSN 0199-8501) Editorial offices: 4201 Vanowen Place, Burbank, CA 91505, (818) 845-2656. Return postage must accompany all manuscripts, drawings and photographs submitted if they are to be returned, and no responsibility can be assumed for unsolicited materials. All rights in letters sent to *Inside Kung-Fu* will be treated as unconditionally assigned for publication and copyright purposes and as subject to *Inside Kung-Fu's* right to edit and comment editorially. Contents copyright ©1994 by CFW Enterprises, Inc. Nothing may be reprinted in whole or in part without written permission from the publisher.

Inside Kung-Fu is published monthly by CFW Enterprises, Inc., 4201 Vanowen Place, Burbank, CA 91505. Printed in U.S.A. Second class postage paid at Burbank, CA and at additional mailing offices. Subscription rate is U.S.A. one year \$20.00, single copies \$2.95 + 75¢ shipping and handling. Canada and other foreign countries add \$10.00 per year. Send subscription to INSIDE KUNG-FU Subscription Dept., P.O. Box 404, Mt. Morris, IL 61504-8066 or call (800) 877-5528.

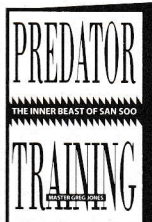
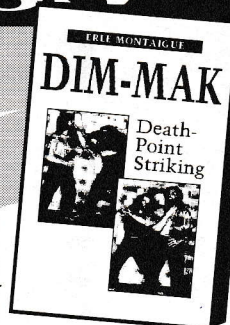
POSTMASTER: Send address changes to INSIDE KUNG-FU, 4201 Vanowen Place, Burbank, CA 91505.



PALADIN PRESS

DIM-MAK Death-Point Striking by Erle Montaigue

Those who doubt that t'ai chi ch'uan is the deadliest system of self-defense ever invented don't know about dim-mak. What appears to be a delicate, dancelike art is merely a smokescreen created by the ancient Chinese masters to conceal deadly strikes to vital acupuncture points that comprised a martial system known as dim-mak, or death-point striking. This was the original name for the art and the key to why t'ai chi earned the title "supreme ultimate boxing." Now, for the first time, Erle Montaigue, an internationally acclaimed instructor of t'ai chi and one of only a handful who know the points and their hidden applications, tells the full story of dim-mak. This book reveals the most dangerous points of this deadly serious system of self-defense and describes both their martial and healing applications. In addition, it offers instruction on set-up points, multiple point strikes and neurological shutdown points. For information purposes only. 5 1/2 x 8 1/2, softcover, photos, illus., 240 pp. **\$25.00**



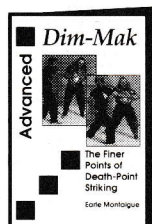
PREDATOR TRAINING The Inner Beast of San Soo by Master Greg Jones

This follow-up to the best-selling **Sudden Violence** takes you deeper into the aggressive psychology and ruthless techniques of kung fu san soo. Master Jones helps you develop the "beast" within you and reveals how it can be harnessed into a ferocious fighting force that no attacker can withstand. 5 1/2 x 8 1/2, softcover, photos, 184 pp. **\$20.00**



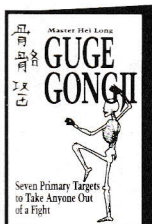
DRAGONS TOUCH by Master Hei Long

Drop your opponent in an instant with the deadly moves of the **Dragons Touch**. Immobilize or destroy your foe with high-impact blows to the body's most vulnerable areas. Learn which angles to use in striking 43 major target zones. These pressure points are explicitly illustrated, and 165 photos guide you in attacking each spot with the moves of lian shi kung fu. 5 1/2 x 8 1/2, softcover, photos, illus., 184 pp. **\$12.00**



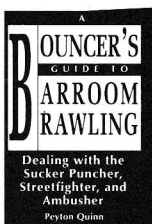
ADVANCED DIM-MAK The Finer Points of Death-Point Striking by Erle Montaigue

This sequel to **Dim-Mak: Death-Point Striking** reveals more about training, points, revival and healing. Learn street survival techniques, including knife defense, using simple dim-mak methods, plus knockout and controlling points for law enforcement and dim-mak points for children. For information purposes only. 5 1/2 x 8 1/2, softcover, photos, 328 pp. **\$35.00**



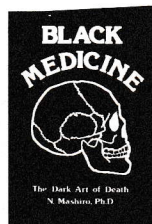
GUGE GONGJI Seven Primary Targets to Take Anyone Out of a Fight by Master Hei Long

Structurally disabling an opponent is like taking the bullets out of his gun. It is unlikely that he can swing with a broken wrist or advance with a busted knee. That is guge gongji: stopping an attacker by breaking his instrument of danger—his ability to move. Take anyone out of a fight by mastering these seven targets. 5 1/2 x 8 1/2, softcover, illus., 188 pp. **\$15.00**



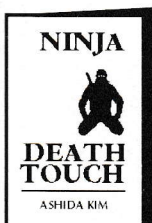
A BOUNCER'S GUIDE TO BARROOM BRAWLING Dealing with the Sucker Puncher, Streetfighter, and Ambusher by Peyton Quinn

As a bouncer in a biker bar and a participant in dozens of fights, Peyton Quinn knows the difference between fighting fact and fantasy. The result is a unique guide to self-defense that can save your ass in places where brawling is quick, dirty and very violent. 5 1/2 x 8 1/2, softcover, photos, illus., 264 pp. **\$17.95**



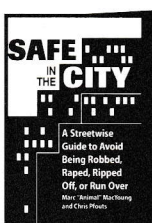
BLACK MEDICINE I The Dark Art of Death by N. Mashiro, Ph.D.

A thorough analysis of the human body's vital points and how to use them to your advantage in combat handgunning and all types of hand-to-hand combat situations. Must reading for military combat specialists, martial artists and those interested in self-defense. 5 1/2 x 8 1/2, softcover, photos, illus., 96 pp. **\$12.00**



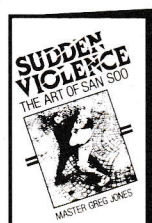
NINJA DEATH TOUCH by Ashida Kim

Here are the secrets of the unholy science that kills with the wave of a hand. Certain ninja practiced the Death Touch, a type of black medicine that destroys through manipulation of the body's nervous, circulatory and chi systems. Learn *Dim Hsueh*, *Dim Ching* and the infamous *Dim Mak* techniques. Illustrated with step-by-step photos. 5 1/2 x 8 1/2, softcover, illus., 104 pp. **\$12.00**



SAFE IN THE CITY A Streetwise Guide to Avoid Being Robbed, Raped, Ripped Off, or Run Over by Marc "Animal" MacYoung and Chris Pfouts

This is an entertaining street-level look at how crimes are really committed in America's cities. Chris and Animal use their NY-L.A. experience to help you learn the games carjackers, muggers, "gangstas," rapists, junkies and commen play—and how to avoid them. 5 1/2 x 8 1/2, softcover, 320 pp. **\$21.95**



SUDDEN VIOLENCE The Art of San Soo by Master Greg Jones

The best way to survive a streetfight is to end it before it starts, and that is the essence of san soo kung fu — to brutally take your opponent out *before* he gets a chance to attack! When some street thug intends to do you bodily harm, it is not the time to pull punches. So be sudden! Be violent! And win. 5 1/2 x 8 1/2, softcover, photos, 256 pp. **\$14.95**

BLACK MEDICINE: THE VIDEO
Vital Targets, Maximum Punishment
A graphic demonstration of how to exploit the vulnerable vital points of the human anatomy. The instructors — bouncers in some of the most violent bars and roadhouses in the country — focus on strikes that *they know from experience* will put a man down. Some of the techniques in this video are only appropriate for life-or-death situations. Therefore, this film is for information purposes only. Color, approx. 50 min., VHS only. **\$29.95**

SAFE IN THE STREET
How to Recognize and Avoid
Violent Street Crime
with Marc "Animal" MacYoung
This video will not teach you how to fight. It will show you how to prevent an attack by being aware of the danger signs that precede one. Learn the three stages of an impending assault and the right reaction to each. Plus, find out how your attitudes and actions warn thugs that you are not a "safe" victim and attacking you is not worth the risk. Color, approx. 50 min., VHS only. **\$29.95**



GOUZAO GONGJI Seven Neurological Attacks for Inflicting Serious Damage by Master Hei Long

This no-nonsense system of self-defense pinpoints seven anatomical targets and shows how properly delivered attacks to these areas can cripple an assailant's nervous system and stop him in his tracks. Learn how to get the precise result you're after, be it acute pain, unconsciousness or temporary paralysis. 5 1/2 x 8 1/2, softcover, illus., 168 pp. **\$16.00**



OTHER FASCINATING TITLES

ONE-STRIKE
STOPPING POWER.....\$15.00
STREET LETHAL.....\$15.95
THE WAY ALONE: YOUR
PATH TO EXCELLENCE
IN THE MARTIAL ARTS.....\$10.00
WHEN SECONDS COUNT.....\$22.00
IROH HAND OF
THE DRAGON'S TOUCH.....\$12.00
VIOLENCE, BLUNDERS,
AND FRACTURED JAWS.....\$22.95
NINJA MIND CONTROL.....\$12.00
100 DEADLIEST
KARATE MOVES.....\$ 8.00
FLOOR FIGHTING.....\$19.00

CHEAP SHOTS, AMBUSHES
AND OTHER LESSONS.....\$15.00
101 SUCKER PUNCHES.....\$10.00
SECRETS OF THE NINJA.....\$16.95
BARROOM BRAWLING
(VIDEO).....\$29.95
T'AI CHI CH'UAN:
THE MARTIAL SIDE.....\$16.00
KNIVES, KNIFE FIGHTING AND
RELATED HASSLES.....\$12.00
SKINHEAD
STREET GANGS.....\$20.00
THAI BOXING DYNAMITE.....\$14.00
MASTERING THE
BALISONG KNIFE (VIDEO).....\$29.95

MONEY-BACK GUARANTEE — DEALER INQUIRIES INVITED

Paladin Press • P.O. Box 1307 • Boulder, CO 80306 • (303)443-7250
FAX (303)442-8741

Videotapes are nonreturnable. Damaged tapes will be replaced.



PALADIN PRESS
P.O. BOX 1307-4XK
BOULDER, CO 80306



CREDIT CARD ORDERS CALL TOLL FREE
1-800-392-2400

Call 24 hours a day, 7 days a week. Send \$2.00 for 64
page CATALOG of over 600 titles (free with order).

PLEASE SEND ME THE FOLLOWING TITLES:

RESPONSE CODE: 4XK

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

☐ VISA ☐ MASTERCARD
☐ DISCOVER ☐ CHECK / MONEY ORDER
CARD# _____
EXP. _____

SUBTOTAL _____

PLEASE INCLUDE
POSTAGE & HANDLING \$ 4.00

TOTAL _____

Secrets of Speed Hitting

How to Hit a Man 11 Times or More in 1 Second or Less, and Explode into Action Before He Can Blink an Eye!

Dear Friend,

Look! I used to train hard. The 4-hour workouts, 7 days a week, every week!

But I didn't start getting real fast hitting speed until I did less—a lot less!

It all started when I met the **SPEED MAN**.

First, let me ask you a question. Have you ever seen a real human move with the speed and deadly agility of a hungry panther on benzedrine? Well, I have. Here's how it happened.

It was a one-day seminar, held in Colorado Springs, the home of the United States Olympic Training Center. Most of us had never used **SPEED TRAINING** before. In fact, some of us had never heard of Dr. La Tourrette! We were a bit nervous about how it would all turn out, but La Tourrette was great!

It started by the **SPEED MAN** asking me to hit him. So I did. I threw a right haymaker through his head. He exploded into action just like he was Dirty Harry. His controlled eruption of lightning-fast devastation flowed over me as I tried to scream. In under 2 seconds the **SPEED MAN** had churned me up and spit me out with a total of 24 nerve-slammings, gonad-bouncing hits. That's when I knew about **REAL—GOOD—FAST** speed hitting. I mean I really knew, because I had felt it.

This **SPEED MAN** could annihilate me, all my friends, all of us, within seconds and not spill his morning coffee. I have seen him in action. I have been touched by him in a way that sent me flying across the room, and I never even saw his arm move!

It seems hard for me to believe that after all this time in karate I could find a teacher who could "wow" me again, but that's exactly what happened.

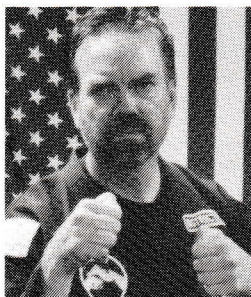
Anyway, now I have to brag about him a little. I don't mind it, and it's necessary—to prove that getting his speed training "stuff" . . .

"Is Gonna Be the Smartest Thing You Ever Did!"

The **SPEED MAN** is a professional Sports Trainer, has a Ph.D. in Sports Psychology, holds an 8th degree black belt, and he knows how to teach **SPEED HITTING**. He's written, as a professional, for *Black Belt*, *Inside Kung-fu*, *Soldier of Fortune*, *Warrior*, and *Kick Illustrated*. . . . He's had 5 successful martial arts books published, 9 large training manuals published, 18 special reports published, and 67 martial arts training videos produced.

He's a Master Instructor and he knows how to teach you what speed hitting is all about.

As you noticed above, the **SPEED MAN**



**"There is TREMENDOUS power in SPEED and MOMENTUM!"
—The SPEED MAN—**

gives seminars on **SPEED TRAINING**, and I'm **HONESTLY SORRY—SAD—THAT YOU MISSED THAT REMARKABLE EXPERIENCE**. And you will want to kick yourself in the butt for missing out on that event. . . . but a very, very good, very valuable "second best" is available to you: This is his "new" **LARGE BEST SELLER** titled simply **SPEED HITTING: HOW TO HIT A MAN BEFORE HE CAN BLINK AN EYE**.

Some of the most sophisticated "speed fighting" strategies and teachings recorded in print, anywhere. **PERIOD!**

It is crammed full of really meaty, power-

"Starting Smart"

"Dr. La Tourrette has brought the mental aspect of martial arts training into the 20th century. His texts contain a series of interlocked, easily applied, devastatingly effective technologies. Anyone unaware of these principles is functioning in the Dark Ages. Wholeheartedly recommended!"

—STEVE BARNES, FORMER COLUMNIST
BLACK BELT MAGAZINE

"La Tourrette knows and preaches, as did **BRUCE LEE**, and **MICHAEL ECHANIS**. . . win any way you can."

—RAFAEL LIMA, **SOF MAGAZINE**

"I believe your training will back up most situations. I love the **WARRIOR WISDOM**."

—DAVID MOENICH, **LAKEWOOD, OH**

"My self-confidence escalated a full 100 points. Thanks, Doc. . . ."

—BRYAN YOUNG, **MEDFORD, OR**

"10 months ago I made an order out of *Black Belt* magazine. I ordered your **SPEED HITTING**. Since then I have been clocked at 16 hits in .93 sec. Keep it coming!"

—STEVE BERNOLA, **ICHI-NI-RYU DOJO**

ful speed strategies. . . little-known information. . . blunt talk. . . real value. This is a highly impactful best seller, and you get all of it for \$39 bucks, plus \$5.50 postage and handling **WHEN YOU ORDER WITHIN 21 DAYS FROM ISSUE DATE!** This material took nine years to research and compile. It cost more than \$12,781 in courses. Your investment, NOW, is just \$39 + \$5.50 P&H.

"This Is an Unbelievable Bargain"

Why? Well, I'll tell you what I'm really up to. What my *sneaky ulterior motive* is. Sometime soon the **SPEED MAN** is gonna put on more seminars and *release his newest project*. . . and he wants to **INSURE** that there'll be A LOT OF PEOPLE very, very eager for what's coming. The best way to do that is let you see, study, and absorb some of what you've already missed. . . . the **BEST SPEED HITTING skills you can own without holding a gun in your hand**.

Speed hitting doesn't require a "black belt," nor a martial arts education.

Speed hitting doesn't require lots of money. You don't need hundreds of bucks worth of equipment.

It doesn't require "luck." I've had more than my share, but I'm not promising that you'll get as "fast" as the **SPEED MAN** is. **YOU MAY GET FASTER!** Some of his students have. But speed isn't everything. Winning is what counts!

It doesn't require "talent." Just enough brains to know what to look for. And La Tourrette will tell you that.

It doesn't require "youth." One of our clients is 52 and he's pounding on 20-year-olds. Another is only 15 and is easily beating black belts in tournaments.

It doesn't require "experience." Some of our fastest people are only beginners.

What does it require? **BELIEF**. Enough to take a chance. Enough to absorb what the **SPEED MAN** will send you. Enough to put the principles into action. If you do just that, nothing more, nothing less—the results will be hard to believe. **I GUARANTEE IT.**

You don't have to give up your current lessons. But in 6 weeks you'll have improved so much your present instructor is gonna be jealous. Once again—I guarantee it.

The **SPEED MAN** told me something I never forgot. "Most karate people are too busy sweating to get real fast, or real street smart." Don't take as long as I did to find out La Tourrette was right.

I'll prove it to you, if you'll send the coupon now. I'm not asking you to "believe" me. **JUST TRY IT!** If I'm wrong, all you've lost is a couple of minutes and a postage stamp. But what if I'm right?

FREE BONUS! \$60 VALUE!

When you order *before* 21 days from today's date I'll send you a surprise bonus worth more than \$60 bucks. **FREE**. . . just for trying out **SPEED HITTING, HOW TO HIT A MAN BEFORE HE CAN BLINK AN EYE**. How can you lose except by just sitting on your butt and doing nothing.

So order now.

MONEY-BACK GUARANTEE

We have a proven, sure-fire **SPEED HITTING** method that will work for anyone if they have any brains at all. If you can honestly say after reviewing the **SPEED MAN**'s materials for 30 days that the information is not everything I have described, send it back undamaged for a prompt refund.

The only reason I won't send it to you and bill you or send it C.O.D. is because both of these methods involve more time and money. And I'm already going to give you the biggest bargain of your life. But, if you want you can **call us (503) 535-3188** and use your **VISA, MASTERCARD or DISCOVER** for immediate delivery.

IMMEDIATE SHIPMENT! Within 24 Hours

**Jack Williams—IKF
Sports Training Institute
6252 Dark Hollow Road
Medford, Oregon 97501**

Jack, I really want your **SPEED HITTING, How to Hit a Man Before He Can Blink His Eye "crash course."**

So I'm enclosing \$39 bucks and \$5.50 for postage and handling.

Also, send me the **FREE BONUS** worth \$60 because I'm ordering within 21 days.

**FOR EXTRA FAST SERVICE
JUST DIAL 1-503-535-3188**

VISA OR MASTERCARD READY

Name _____
Address _____
City _____ State _____
Zip _____ Phone _____

Speed Secrets Including

- The Single Most Important Key to Effective Speed Hitting!
- An Amazing Technique That Can Make Your Speed Skyrocket!
- A Simple Way to Get More Hits in a Second Than You Can Legally Handle!
- Five Powerful Methods for Being Faster Than Your Opponent!
- A Simple Concept That Will Make Your Speed 100% More Effective!
- An Amazing Simple Technique That Will Blow Anyone Away!
- One Crucial Thing to Do to Your Opponent That Will Almost Guarantee They Can't See You Move!
- 10 Stupid Things You Must Never Do!
- How to Legally Hit Him and Not Go to Jail!
- The Biggest Mistake Most People Make with Speed Training!
- The Number 1 Thing You Should Do When Hitting Fast!
- The Best Way to Use Speed!

There's so much more. I can't go into it all here, but I think you have the idea.

—**JACK WILLIAMS**

© 1991 Dr. John La Tourrette

EDITORIAL DEPARTMENT

Editor **DAVE CATER**

Associate Editor **JOHN STEVEN SOET**

Contributing Editors **GRACIELA CASILLAS-BOGGS, RIC MEYERS, DR. YANG JWING-MING, CYNTHIA ROTHROCK, DOC-FAI WONG, BURTON RICHARDSON**

Contributors **JEREMY ARROW, MICHAEL BABIN, JEFF BOLT, TOMMY BONG, TONY E. CLARK, ROBERT DREEBEN, BRUCE FONTAINE, DR. CRAIG R. REID, GERALD A. SHARP, MARK WASSON, GREG WATSON, WEN-MEI YU, TED WONG, WU CHENGDE**

ART DEPARTMENT

Executive Art Director **DANILO J. SILVERIO**

Art Director **MAXIMILLIAN MARK MEDINA**

Associate Art Director **GEORGE FOON**

Director of Photography **EDWARD IKUTA**

Staff Photographer **JAIMEE ITAGAKI**

ADVERTISING DEPARTMENT

National Advertising Office

Advertising Sales **ERIC SUTER**

(818) 845-2656, FAX (818) 845-7761

UNIQUE PUBLICATIONS BOOK DIVISION

Book Sales Director **BEATRICE M. WONG**

Direct Sales Manager **RAYMOND UNG**

Book Fulfillment Service **FRANK WONG, BING WONG**

Special Promotion Fulfillment **CANDY SALANDANAN**

ADMINISTRATION

President **CURTIS F. WONG**

Group Publisher **MARK KOMURO**

Administration Director **PAT HENRY**

Assistant Administration **CARRIE OGAWA WONG**

EDITORIAL, ADMINISTRATION & ADVERTISING OFFICES

4201 W. Vanowen Place, Burbank, Calif. 91505

(818) 845-2656; FAX (818) 845-7761

SUBSCRIPTION FULFILLMENT SERVICE

Kable News Company, Inc.

Kable Square, Mt. Morris, Illinois 61054-9886

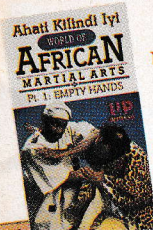
1-800-877-5528

DISCLAIMER

We, **CFW ENTERPRISES, INC.**, as publisher, makes no endorsements, representations, guarantees or warranties concerning the products and/or services advertised herein. We are merely an advertiser for, and not a manufacturer, seller or distributor of, such products and/or services. We have made no independent examination of any aspect of such product and/or services and we cannot, therefore, attest to the reliability, safety or effectiveness of such products and/or services. We expressly disclaim any and all liability arising from or relating to the manufacture, sale, distribution, use, misuse, or other act of any party in regard to such products and/or services.

This publication is distributed on an international and national basis. Accordingly, the sale, purchase, distribution or use of some of the products and/or services advertised herein may be illegal in some of the areas and we do not assume responsibility thereof. State and local laws must be checked out by purchaser prior to the purchase or use of products and/or services advertised herein. We make no representations or warranties concerning the legality or the purchase or use in any area within or without the United States of the products and/or services advertised herein.

AFRICAN MARTIAL ARTS



THE WORLD OF AFRICAN MARTIAL ARTS Part 1: EMPTY HANDS

FEATURING AHATI KILINDI IYI
Kilindi Iyi, head instructor of the Ta-merrian Martial Arts institute, teaches a unique blend of both ancient and contemporary African fighting. In this tape, Iyi emphasizes forms taken from traditional African dance. Learn concepts like the circle, straight line and sucking power, the use of elbows and knees, sensitivity drills and grappling. 52 min. **WAF1 \$39.95**



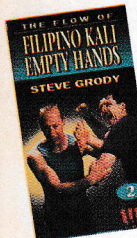
THE WORLD OF AFRICAN MARTIAL ARTS Part 2: WEAPONS

In this tape, Iyi explores two types of African stick fighting. Learn basic stick patterns, blocks, strikes and the concept of the third stick. Demonstrated is a freeflow form derived from dance movements to develop your rhythm, timing and reflexes. Various techniques for long-range, close-range as well as empty hands vs. the stick are shown. 52 min. **WAF2 \$39.95**

FILIPINO MARTIAL ARTS

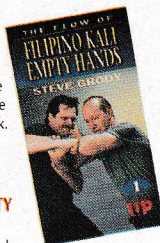
THE FLOW OF FILIPINO KALI EMPTY HANDS Part 1

FEATURING STEVE GRODY
In this tape, Grody teaches a comprehensive series of counterattacks directed at the sensitive areas of the opponent's attacking punch or kick. 45 min. **FKALI01 \$39.95**



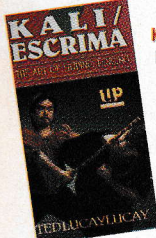
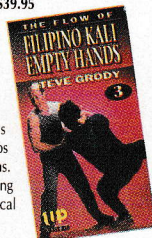
THE FLOW OF FILIPINO KALI EMPTY HANDS Part 2

In this tape, Grody teaches Kali kicking methods, Kali trapping in attack, primary gunting (nerve hit) combinations and gunting follow-ups. 55 min. **FKALI02 \$39.95**



THE FLOW OF FILIPINO KALI EMPTY HANDS Part 3

In this tape, Grody goes into the details of Kali's distinctive elbow and hand follow-ups to the limbs of the body, wrenches, joint locks and takedowns. Also, Grody takes a thorough look at foot trapping and crucial training methods to develop a technical flow. Running time: 56 min. **FKALI03 \$39.95**

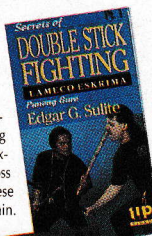


KALI/ESCRIMA The Art of Filipino Fencing

FEATURING TED LUCAYLUCAY
In this tape Ted illustrates the applications and the connection between weapon and empty hand movements. Exercises are done with sticks, knives and hands. Learn the ABC's of footwork, Power Striking, Blocking Direct Hits and Dis-arming your opponent. 55 min. **KALI \$39.95**

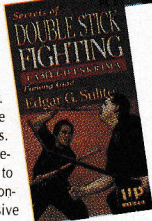
LAMECO ESKRIMA: THE SECRETS OF DOUBLE STICK FIGHTING Part 1

FEATURING EDGAR G. SULITE
In this tape you'll learn the basic footwork patterns. Next, Edgar progressively teaches striking patterns such as solo kadena, lameco 1-2-3, x-strikes, kali six, thrusts, upward strikes, and cross strikes. Edgar demonstrates applications of these patterns against the number one strike. 48 min. **LAME1 \$39.95**



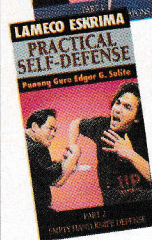
LAMECO ESKRIMA: THE SECRETS OF DOUBLE STICK FIGHTING Part 2

This tape continues where tape one left off. Edgar demonstrates applications against the number 2 through the number 5 strikes. Edgar discusses the concept of openings created when striking and how to use them to counterattack your opponent. The tape concludes with a demonstration of progressive freestyle sparring drills. 48 min. **LAME2 \$39.95**



LAMECO ESKRIMA: PRACTICAL SELF-DEFENSE Part 1

FEATURING EDGAR G. SULITE
In this series, Edgar explores ways to defend yourself against a knife attacker. Edgar starts with the basic footwork. Next, he teaches defenses using the stick. Edgar interchanges a tennis racquet, an umbrella, a handkerchief and a belt in place of the stick and demonstrates their appropriate applications. 50 min. **LESD1 \$39.95**



LAMECO ESKRIMA: PRACTICAL SELF-DEFENSE Part 2

In this tape, Edgar continues his self-defense lesson against the knife attack. He progresses to empty hand counters based on the Lameco eskrima principles. First, a review of the basic footwork patterns. Taught next are a variety of methods for redirecting the knife attack. Also shown are a variety of disarms. Edgar concludes with self-defense techniques based on common hold-up situations. 50 min. **LESD2 \$39.95**

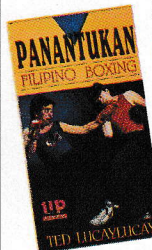
LAMECO ESKRIMA: ESSENTIAL SINGLE STICK SKILLS Part 1

FEATURING EDGAR G. SULITE
In this tape, Edgar teaches the basic footwork patterns; forward and back, sidestepping and triangle, plus maneuvers such as ducking and bobbing and weaving. Next, you'll learn the basic grips, the concept of the big circle and small circle, and the basic striking angles. Edgar puts it all together in a series of 12 drills and shows how they work in combat situations. Approximate running time: 58 min. **LESS1 \$39.95**



LAMECO ESKRIMA: ESSENTIAL SINGLE STICK SKILLS Part 2

In this tape, Edgar continues his lesson on using the single stick. He begins with a review of the basic footwork. Then he teaches a new series of 12 drills that combine all the basics previously learned. He concludes with additional drills designed to develop power in your strikes. This two tape series gives you a complete look at mastering the single stick. 58 min. **LESS2 \$39.95**

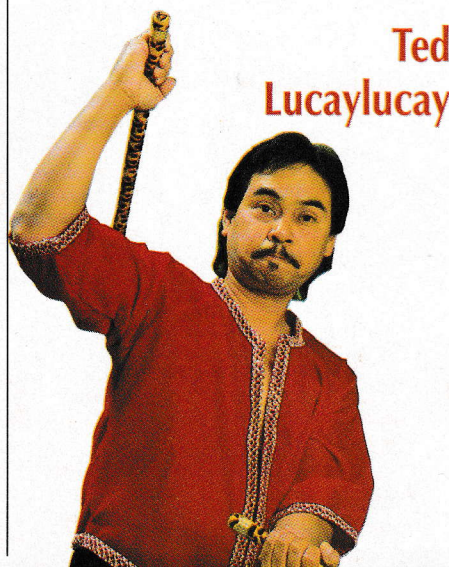


PANANTUKAN Filipino Kickboxing

FEATURING TED LUCAYLUCAY
This art and its techniques are deeply enhanced by the knowledge of the movements found in knife fighting. Ted clearly illustrates Blade Awareness and the techniques you'll need to learn Covering, Striking, Punching and Countering Skills. 55 min. **PANT \$39.95**

STICKBOXING

FEATURING TED LUCAYLUCAY
From the structure of Kali and the concepts of JKD comes the dynamic art of "stickboxing", that uses the full arsenal of Kali/J.K.D. tools, including kicking, elbows, knees, sweeps, locks and takedowns. However, the common denominator is the boxing structure, the glue that binds the arts together. 55 min. **SBO1 \$39.95**



Ted Lucaylucay

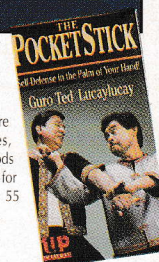


UNIQUE PUBLICATIONS VIDEO COLLECTION

Over 130 Action-Packed Titles

THE POCKET STICK

FEATURING TED LUCAYLUCAY
Self defense in the palm of your hand! Featured are simple self-defense techniques against punches, grabs, kicks and more, as well as training methods and flow drills. The pocket stick is simple enough for anyone to learn as a viable means of self-defense. 55 min. **PSO1 \$39.95**



IRON PALM

IRON PALM TRAINING Part 1

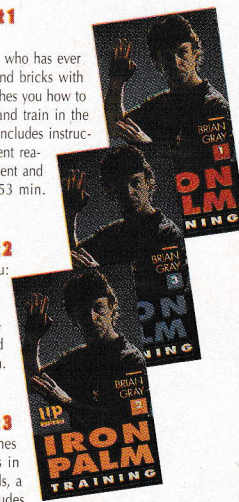
FEATURING BRIAN GRAY
This 3 tape series is for everyone who has ever wanted to break break boards and bricks with their bare hands! Brian Gray teaches you how to properly condition your hands and train in the iron palm technique. Tape one includes instruction on hand conditioning, ancient reasons for secrecy, iron palm liniment and limitations to the iron palm. 53 min. **IRON01 \$39.95**

IRON PALM TRAINING Part 2

In this tape Brian will teach you: differences in breaking materials, proper breathing, focus, speed and centering, the fear factor, the spirit yell, isometric exercises and a board breaking demo. 42 min. **IRON02 \$39.95**

IRON PALM TRAINING Part 3

In the final segment Brian teaches the wave and the whip, errors in breaking, advanced breaking skills, a brick breaking demo and concludes with a variety of iron palm fighting techniques. 34 min. **IRON03 \$39.95**



SAVE!

Order 3 to 5 tapes and pay only \$33 each.

Buy 6 or more tapes and pay only \$31.50 each.

ORDER BY PHONE! 1-800-332-3330 • Fax 1-800-249-7761

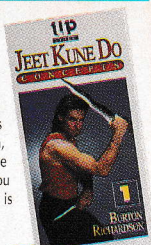
Foreign Orders call: 818-845-2656 • Fax: 818-845-7761

JEET KUNE DO

JEET KUNE DO CONCEPTS Part 1

FEATURING BURTON RICHARDSON

Jeet Kune Do, is the martial art conceived by Bruce Lee. In part one, Burton explains the reasoning and philosophy behind the JKD concept. He starts the training with Kali double stick drills and striking patterns used to develop coordination, focus and martial technique. Burton translates the weapons motions to empty hands and teaches you to flow from one move to the next. Also covered is an overview of joint locks. 50 minutes
JKDR1 \$39.95



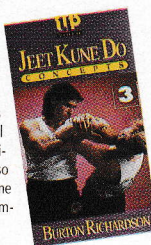
JEET KUNE DO CONCEPTS Part 2

In this tape, Burton concentrates on trapping and distancing. He starts by showing you the fighting measure and drills on how to manipulate this measure to your best advantage. Next you'll learn sensitivity drills to enhance your trapping skills. Burton also covers Silat by demonstrating a form and explaining the applications. He then explains the mechanics of the famous Silat takedowns. Burton finishes with some drills to develop your ability to flow from one technique to another. 50 min.
JKDR2 \$39.95



JEET KUNE DO CONCEPTS Part 3

In this tape, Burton focuses on the kickboxing mode of JKD. He demonstrates the basic footwork, the lead roundhouse kick, the stop sidekick, the power sidekick and the foot jab. He then goes on to the punching fundamentals. Burton puts it all together including knees and elbows with combination drills using a variety of equipment. He also covers more Kali stickfighting principles and some sparring drills. Burton concludes with some examples of knife fighting and knife disarms. 50 min.
JKDR3 \$39.95



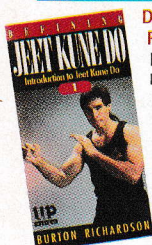
Burton Richardson brings you this fascinating and revealing six-tape series on Defining Jeet Kune Do, expanding on his previous 3-tape series.

DEFINING JEET KUNE DO

Pt 1: Introduction to Jeet Kune Do

FEATURING BURTON RICHARDSON

In this tape Burt discusses the JKD philosophy, and demonstrates the different ranges of combat and fighting postures. You'll learn the theories and concepts vital to building a strong foundation. DJKD01 \$39.95



DEFINING JEET KUNE DO Pt. 2: Empty Hand Ranges

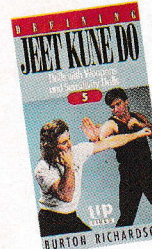
This tape continues teaching you techniques that

work in the kicking, punching, knee, elbow and grappling ranges. Burton then shows you how to combine these techniques and effectively use them in realistic fighting situations..
DJKD02 \$39.95



DEFINING JEET KUNE DO Pt. 3: Attributes and Training Methods

In tape three of the series, Burton demonstrates the attributes necessary to truly enhance your fighting skills. You'll learn solo and partner training drills which are the key to making an individual into an accomplished martial artist. DJKD03 \$39.95



DEFINING JEET KUNE DO Pt. 4 Training Methods: Drills with Equipment

In tape four Burt demonstrates the five ways of attack and how to utilize various equipment in your training methods to further sharpen your speed and coordination. DJKD04 \$39.95



DEFINING JEET KUNE DO Pt. 5 Drills with Weapons and Sensitivity Drills

In tape five you'll learn single stick, double stick and soft stick drills. By perfecting the fluid movements necessary to maneuver the sticks, you are effectively improving your empty hand coordination skills. The sensitivity drills will make you more aware of your opponent's movements and allow you to react quickly to his attacks. DJKD05 \$39.95



DEFINING JEET KUNE DO PT. 6: Sparring, Empty Hand and Weapons Techniques

Tape six puts it all together. Combining the information previously covered, you'll learn sparring drills that will greatly improve your ability to flow between techniques. To top things off, Burton will explore Kali's stick and dagger techniques to round out your knowledge. DJKD06 \$39.95



JEET KUNE DO CONCEPTS FOR KIDS Bullyproof Your Child

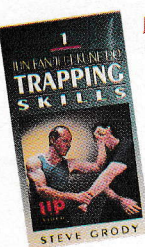
FEATURING JUNE CASTRO

June Castro began training in the martial arts at a very early age and draws upon this experience to teach your child the fundamentals of fighting. June teaches your child basic boxing and kicking skills, punching exercises and various offensive and defensive maneuvers. Interwoven into the training is the development of self-discipline and self-confidence that leads to success. June is assisted by several of her students, some as young as five years of age. 57 min. JKDK \$39.95

KALI/JUN FAN/JEET KUNE DO SECTORING

FEATURING STEVE GRODY

Drawing from the concepts and methods of Kali and Jun Fan/Jeet Kune Do, Grody presents an inter-related series of the most efficient ways to simultaneously counterattack according to the relative positions of you and your opponent's arms. 55 min. GRD01 \$39.95

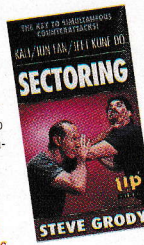


JUN FAN/JEET KUNE DO TRAPPING SKILLS Part 1

FEATURING STEVE GRODY

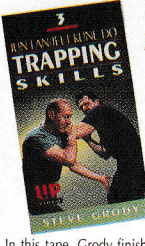
In one of the most detailed and comprehensive tape series available, Grody works through a clear-cut progression of training designed to give an understanding of the why, when and how of trapping.

In this tape, Grody shows how to deal with primary and secondary obstructions to your hand attacks. 58 min.
GRD02 \$39.95



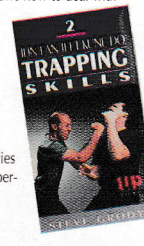
JUN FAN/JEET KUNE DO TRAPPING SKILLS Part 2

In this tape, Grody continues the double trap series and presents drills designed to develop speed of perception and reaction in trapping. 58 min. GRD03 \$39.95



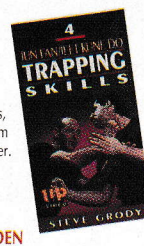
JUN FAN/JEET KUNE DO TRAPPING SKILLS Part 3

In this tape, Grody shows you how to defend your trapping against counter punching and how to counter trap a trapper. 45 min. GRD04 \$39.95



JUN FAN/JEET KUNE DO TRAPPING SKILLS Part 4

In this tape, Grody finishes the counter-trap series, demonstrates entries to trapping, trapping from defense and ways to use trapping against a boxer. Running time: 60 min. GRD05 \$39.95



JEET KUNE DO WOODEN DUMMY TRAINING

FEATURING TED LUCAYLUCAY

Bruce Lee used the wing chun wooden dummy for much of his personal training. Now Ted Lucaylucay demonstrates some of the non-traditional methods he learned while studying at the original Kali/JKD academy. He starts by showing some traditional training and progresses to add boxing and JKD drills to the mix. The tape culminates in drills that work you from long range to trapping and back out again. Also shown are stickfighting drills adapted to the wooden dummy. 60 min. JKWD \$39.95



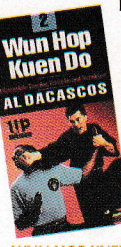
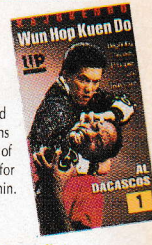
KAJUKENBO

KAJUKENBO/WUN HOP KUEN DO 1

Part 1: Beginning Theories, Principles and Techniques

FEATURING AL DACASCOS

This excellent beginning tape gives helpful insights and covers approaching target areas and the personal weapons you'll need to achieve success. Ranges, levels and angles of attack are explained in detail, as well as techniques for entering and exiting your opponents critical zones! 55 min.
KAJU \$39.95



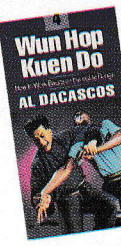
WUN HOP KUEN DO Part 2: Intermediate Theories, Principles and Techniques

This tape elaborates on snap vs. thrusting techniques, telegraphing signs and reading your opponent. Enhance your speed and power by developing relaxation! Learn the purposes of stance and silhouette training and a unique way of developing low light sensitivity. 55 min. WHKD2 \$39.95



WUN HOP KUEN DO Part 3: How to Counter Kicks

Learn how to counter your opponent's techniques, destroy his balance, and disrupt his center of energy! Covered are: kick against kick, hand against kick and body against kick. Also covered are stop-hit techniques, smooth entry and exit and techniques that will lead your opponent to the ground! 55 min. WHKD3 \$39.95



WUN HOP KUEN DO Part 4: How To Work Basics On The Inside Range

Learn WHKD's way of applying Chi Na techniques. A variety of wrist locks and neck restraints are covered. Use these against an opponent who doesn't respond to your striking techniques! Dacascos teaches you to flow with a resisting opponent as well as demonstrates special exotic kicks. 55 min. WHKD4 \$39.95

KARATE

GOSOKU RYU KARATE

Action Kumite & Free Sparring

FEATURING TAK KUBOTA

Learn this incredible style of Karate that Tak Kubota has developed through years of training and experimentation. Kubota has created one of the most effective styles known to man. Tremendous speed and power is developed through Kubota's specialized training drills. You'll learn a variety of defenses against punch and kick attacks. Next you'll see some action-packed freestyle sparring sequences. The tape concludes with a montage of master Kubota's exciting demo performances. 40 min. GSK \$39.95



BEGINNING KARATE

FEATURING JERRY TRIMBLE

Jerry Trimble, a 4th Dan black belt, and World light-Welterweight Kick Boxing Champion, shows you the techniques and forms you must know to be a strong contender. You'll learn basic conditioning drills to strengthen your body, Jerry's stretching routine, the proper stance, the proper way to punch with power, basic kicking fundamentals and basic blocks. You'll learn drills to improve balance, power and speed. A perfect tape for the beginner. 50 min. TRIM1 \$39.95



BEGINNING & INTERMEDIATE COMBINATIONS WITH ENDURANCE DRILLS

FEATURING JERRY TRIMBLE

Learn the kick and punch combinations you'll need to be the best! Jerry starts off with a series of warm-ups and stretching exercises, then covers the body mechanics and fighting strategies involved in delivering good combination attacks. You'll learn how to develop maximum power and why different combinations work better than others. Jerry finishes off with endurance drills. Great information for both point fighters and kickboxers. 50 min. TRIM2 \$39.95



Unique Publications offers the essential tools for building the foundation of any martial art!

ORDER BY PHONE! 1-800-332-3330 • Fax 800-249-7761

Foreign Orders call: 818-845-2656 • Fax: 818-845-7761

AN SHAOLIN KENPO

Fundamentals

NG JUNE CASTRO

has been training in the martial arts all She is an 8th degree black belt in the art Kenpo Karate under her father and Grandmaster Ralph Castro. You will the fundamentals to develop the neces- ght, speed, and foundation that Shaolin known for. Included in the video is Tiger, a Shaolin Kenpo form that will to practice at home without a partner. This video available on the direct and effective to fighting known as Shaolin Kenpo Karate!

SK01 \$39.95

AN SHAOLIN KENPO Part 2:

Kune Do Concepts in Training

th degree black belt in Shaolin Kenpo Jeet Kune Do under Burton Richardson. e, she applies the Jeet Kune Do Concept and development to Kenpo's training. The emphasis is not a comparison, but an of thought and application. No one sys- or technique is superior to another. Since ows exactly what will happen in an actual est to be prepared for anything. 46 min. 9.95

PANGAI NOON/UECHI RYU KARATE

Part 1: Understanding Kata

FEATURING MARK STEWART

The art of Pangai Noon/Uechi Ryu originated from the close range fighting styles of the tiger, dragon and crane in the legendary land of Fukien Province, China. In this two tape series, Mark Stewart, sheds some light on the little shown hidden motions of kata. He works with the Sanchin, Seisan and the Sanseiryu kata, giving a full demonstration of each plus applications of movements in the forms, some as simple as the bow and opening the stance. He details

like striking with the block and with the strike. The tape concludes low boxing demo using Uechi Ryu 45 min. URK01 \$39.95

NOON/UECHI RYU KARATE

Training Drills

ee, Mark introduces training drills to develop the hidden motions found in Uechi Ryu Karate. Using the informa- in part one, Mark explains the sticky the double sticky hand drill, the forward and the wauke circle block drill, all of e from the Okinawan iron body drills. You'll learn arm pounding, g and other iron body drills as a prelude to the touch sensitivity min. URK02 \$39.95

KARATE FOR STREET SELF-DEFENSE

Part 1: Unarmed Attacks

FEATURING DAN IVAN

Sensei Dan Ivan began his martial arts training in Japan where he became the first foreigner to earn black belts in Karate, Judo, Aikido and Kendo. As an agent for the CID, he experienced the practical value of the martial arts and has been the official police instructor for numerous law enforcement agencies. In this tape he presents an easy to learn system of street survival. You'll learn practical strikes, blocks and kicks and how to use them in street situations. 53 min. KSD01 \$39.95

KARATE FOR STREET SELF-DEFENSE

Part 2: Weapons

In this tape, Dan focuses on techniques designed to help you escape or disarm an opponent armed with a weapon. He takes the basic structure taught in tape one and develops those fundamentals more fully. Remember there is no true self-defense against an attacker with a weapon, but as a last resort these techniques may save your life. Always use training weapons ting. 50 min. KSD02 \$39.95

SAVE!

der 3 to 5 tapes and pay only \$33 each.

6 or more tapes and pay only \$31.50 each.

KICKBOXING

THE ART OF KICK BOXING

Part 1: Ring Smart

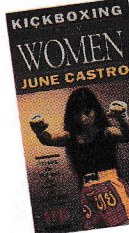
FEATURING MARK STEWART

Mark Stewart combines his knowledge of Thai Boxing, Savate and other methods into the modern day art as practiced by the Kali/Jeet Kune Do family! Training includes solo, partner, and equipment techniques, highlighting mobility and flow drills. Mark starts with the basics: stance, footwork, and the 8 angles of attack and evasion. He then teaches 20 different flow drills designed to blend your tools into a variety of combinations. Next are 20 more drills, this time performed on training equipment. The tape concludes with 12 action packed rounds of progressive sparring! 50 min. AKB1 \$39.95

THE ART OF KICK BOXING

Part 2: Street Wise

This tape concentrates on using the kickboxing concepts for street self-defense. Mark starts off by reviewing all the basics; the stance, footwork, attacks and defenses. He then teaches a variety of flow drills using combinations designed for self-defense rather than ring fighting including throws, locks and trapping. He again shows drills that can be done using the different training equipment. He concludes with 12 rounds of actual sparring focusing on these street survival techniques. 50 min. AKB2 \$39.95



KICKBOXING FOR WOMEN

Essence Of Training For Fitness & Self-Defense

FEATURING JUNE CASTRO

A martial arts instructor, a Thai Boxing enthusiast, and certified fitness professional, June Castro teaches the fitness and self-defense aspect of Kickboxing. You will learn the fundamentals of footwork, boxing skills, elbows, knees, kicks, and various Thai Boxing drills. The workout improves the cardiovascular system, increases strength and muscle tone, while developing balance and coordination. The combative

skills developed make this workout an excellent form of self-defense training. 53 min. KBW \$39.95

KUNG-FU

MARTIAL ARTS FUNDAMENTALS & SELF DEFENSE

FEATURING CARRIE WONG

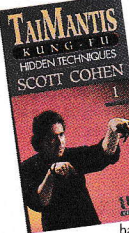
This program demonstrates various Chinese Kung-Fu training exercises by world renowned forms competitor Carrie Wong. You'll learn important breathing concepts, horse training to develop strength in the lower body, and a basic form. Next you'll learn stump training for balance followed by basic hand forms. Carrie then demonstrates Kung-Fu exercises to improve strength and balance and coordination. Stretching is shown to develop maximum flexibility. The tape concludes with kung-fu self-defense techniques. A great introduction into the Chinese martial arts! 59 min. MAF \$39.95

HUNG GAR KUNG-FU

(Templing the Tiger)

FEATURING VERNON RIETA

History, philosophy and technique are all covered in this overview of one of Shaolin Kung-Fu's most popular styles. Hung Gar combines the strong, close-range style of the tiger with the soft, elusive long-range movements of the crane, and its forms are a powerful tool containing a wide range of isometric exercises. In this tape, Vernon concentrates on the "Koon Ji Fook Fu Form, also known as Templing the tiger. You'll learn many of the basic attacks and defenses found in the Hung Gar style. Applications of the various movements in the form are demonstrated both traditionally as well as in real life street situations. 45 min. HGAR01 \$39.95



TAI MANTIS KUNG-FU

Part 1: Hidden Techniques

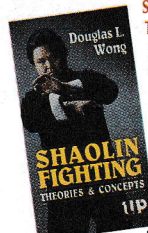
FEATURING SCOTT COHEN

Scott Cohen, a 20 year veteran of martial arts is your instructor for this outstanding video. Tai Mantis is a system consisting of the North Shaolin and the Praying Mantis styles. Using basic stances, blocks and strikes, Scott demonstrates multiple applications not apparently seen in the technique. You'll learn how to create take-downs, traps, locks and counters from a few basic moves. 58 min. TAIM1 \$39.95

TAI MANTIS KUNG-FU

Part 2: No Holds Barred combat.

Emphasizing creativity, insight and repetition, Scott Cohen demonstrates a multitude of useful techniques and applications. Learn the importance of timing, speed and power and how a smaller person can defeat a larger opponent by using proper body mechanics! This action packed video will increase the abilities of all students. 58 min. TAIM2 \$39.95



SHAOLIN FIGHTING

Theories & Concepts

FEATURING DOUGLAS WONG

Douglas Wong, founder of the modern day "White Lotus" system, has taught over 7000 students with his highly diversified training course. Learn training exercises including upper body development and body conditioning. Next Doug teaches the basic blocks, including soft hand blocks and joint locking blocks. You'll learn hand strike combinations followed by some fighting techniques. Doug explains footwork, postures, fighting ranges, body weaving and some unique fighting theories.

58 min. DWONA \$39.95

CHINESE MARTIAL ARTS FIGHTING

SKILLS

FEATURING DOUGLAS WONG

This is the second in Douglas' outstanding 3 tape series. You'll learn to apply the skills from tape 1 using minimum movement to obtain maximum results! The fighting concepts are broken into two components: "Linear Motion vs. Circular Motion". The various Body Zones are covered for long range strikes and for the grappling range. Wong also covers the principles of fighting multiple opponents, defenses against weapons, take-downs and more! 58 min. DWONB \$39.95

CHINESE IN-FIGHTING

FEATURING DOUGLAS WONG

In this tape Doug teaches advanced techniques involved in close range combat, designed to keep your opponent off balance. Learn inside and outside attacking methods that use the principles of deflection as well as close range kicking drills using body torque to generate total striking power! 58 min. DWONC \$39.95

SPLASHING HANDS Part 1

FEATURING JAMES MCNEIL

Based on the way water pounds against the hands, Splashing Hands is considered one of the most powerful fighting systems available today! McNeil starts with the basic punches and blocks and works them into unstoppable combinations. He moves on to the basic kicks and follows with shuffle footwork, the basis for power. He puts it all together in a variety of self-defense techniques. 48 min. SH1 \$39.95

SPLASHING HANDS Part 2

In this tape, McNeil continues with his lesson on the splashing hands streetfighting kung-fu series. He demonstrates Browns 1 through 8, a collection of self-defense techniques based on the splashing hands fundamentals. A complete fighting system on two tapes. 48 min. SH2 \$39.95

PENCAK SILAT

PENCAK SILAT RATU ADIL

Combination Techniques Part 1

FEATURING RUDY TERLINDEN

Rudy has studied for more than 50 years to master four styles: Serah, Cikalong, Cimade and Suci-Hati. He combined these four styles to create Pencak Silat Ratu Adil. In this tape, Rudy demonstrates Juru (form) number one and teaches techniques based on this form. You'll learn the basics of footwork designed to position you to apply counterattacks and effortless takedowns. Also shown are the forms Pukulan number one and two. Rudy concludes with a variety of self-defense techniques. 58 min. TERL1 \$39.95

PENCAK SILAT RATU ADIL

Combination Techniques Part 2

Rudy Terlinden continues to demonstrate more Pencak Silat combinations in this follow-up to part one. He teaches self-defense techniques against punches, kicks and elbows. Also shown are basic Pukulan strikes, blocks, entries and offensive techniques. 58 min. TERL2 \$39.95

ORDER BY PHONE! 1-800-332-3330 • Fax 800-249-7761

Foreign Orders call: 818-845-2656 • Fax: 818-845-7761

SAVATE

SAVATE BASICS

FEATURING NICOLAS SAIGNAC

Savate, the traditional art of French kickboxing was developed in the eighteenth century. Today, Savate is practiced internationally by both men and women. Savate provide a complete physical workout while honing the senses and teaching an effective form of self-defense. This tape features a step-by-step breakdown of the basic punches, kicks, blocks and combinations needed to practice Savate. The tape ends with a progressive sparring session highlighting the basic skills previously demonstrated. Nicolas Saignac has been teaching Savate since 1984 and has competed in numerous international events, winning the prestigious French Cup in 1988. 53 min. SAV01 \$39.95

THE SAVATE WORKOUT

FEATURING NICOLAS SAIGNAC

This tape combines a progression of training drills designed to give you a complete cardiovascular workout as well as get as close as possible to an actual sparring situation. Starting with stretching and warmups and advancing to a variety of kicking and punching drills this workout will complement any martial arts style. This is an excellent workout for both men and women. 60 min. SAV02 \$39.95

SELF-DEFENSE

YOUR BEST DEFENSE

FEATURING DEBORAH MAGONE

This excellent video is for both men and women! In this tape, Deborah, the first female 4th degree Black Belt in Okinawan Seidokan Karate, illustrates strategies to help you develop a highly effective means of self defense. Points covered include: vital striking areas, basic punches, kicks, knee and elbow strikes, blocks and proper falling techniques. Techniques are shown for purse snatching, when knocked to the ground, hair pulls, grabs and chokes. 45 min. SDEF5 \$39.95

SELF-DEFENSE FOR WOMEN

Simple Street Proven Concepts That Work
FEATURING JUNE CASTRO

An accomplished martial artist, and an experienced fighter, June Castro brings a unique perspective to self-defense training. June teaches you the basic elements needed for self-defense. First, avoiding a confrontation through awareness. Second, escape if possible. Specific fighting skills are taught as a last resort; how to strike, where to strike, when to strike, and why. This tape will help you develop the self-confidence and self-esteem needed to successfully defend yourself. 59 min. SDW \$39.95

ESSENTIAL SELF-DEFENSE Part 1

FEATURING STEVE GRODY

Steve Grody spent 13 non-stop years training in Jeet Kune Do concepts, Filipino Kali, Muay Thai and Silat under Dan Inosanto and became his primary substitute instructor for 5 years. At each level of learning, Grody emphasizes what is most essential and useable, from the beginning to the more advanced skill levels. In this tape, Grody starts with attributes such as economy of motion, beat efficiency, simplicity and natural rhythm. Next, footwork and how it controls the range of the fight. Grody follows with major hand strikes and angles,

low-line kicks and knee attacks. He goes on to evasive moves like slips as well as the basic covers and parries. GRO1 \$39.95

ESSENTIAL SELF-DEFENSE Part 2

In this tape, Grody continues to work the material shown in part one. He starts by working the focus gloves to teach the principles of defending and countering hand attacks. He progresses to hand defenses with kick follow-ups. Grody gets more in-depth with his explanations of defensive skills both for the hand and the feet and how to flow effortlessly

between the two. Ultimately, the information in this tape will give you the ability to flow back and forth between offense and defense spontaneously. GRO2 \$39.95

ESSENTIAL SELF-DEFENSE Part 3

In this tape, Grody continues his progression of the most useable ways to attack and defend. He shows applications of feints and drifts, drills for defensive and offensive line perception and finishes with a series of counters to elbow attacks. 53 min. GRO4 \$39.95

ESSENTIAL SELF-DEFENSE Part 4

In this tape, Grody teaches counters to knee attacks, the set-up, use and counter of the head butt, entries using the jamming hand, ride-in, circling hand and beat. Also covered are counter for counter drills at the kicking, punching, kneeling and elbowing ranges. 53 min. GRO5 \$39.95

THE HIDDEN COMBAT

USE OF FORMS

FEATURING STEVE GRODY

In this tape, Grody explores the combat applications found in traditional Kung-Fu forms. Sometimes the most effective movements are either overlooked or misunderstood. By looking closely at your forms, you can discover their hidden combat lessons. 50 min. GRO3 \$39.95

TAE KWON DO

TAEKWONDO: THE ABC'S OF MODERN COMPETITION

SPARRING

FEATURING DANA HEE

Fight to win with these techniques taught by Olympic gold medalist, Dana Hee. Learn how to develop the timing and explosive speed that helped her win the lightweight fighting division in the 1988 Olympic Games. This tape is designed to give you an overall view of what it takes to win in their competition ring. 42 min. TKD501 \$39.95

TAEKWONDO: TRAINING DRILLS FOR

MODERN COMPETITION SPARRING

With these drills, Dana shows you how she made the transition from full contact and point fighting to the style of fighting used in modern competition Taekwondo. Dana teaches you the drills she used to develop the timing, kicking stamina and those fast twitch muscle fibres needed for explosive speed. You'll learn the various drills taught by '88 Olympic coach, Sang Chul Lee and other great masters coaching the U.S. team for the 1988 Olympic Games. 57 min. TKD502 \$39.95

TAEKWONDO: FIGHTING

STRATEGIES FOR MODERN COMPETITION SPARRING

Play chess with the champions with these sparring strategies taught by 1988 Olympic Gold Medalist Dana Hee. Learn how to attack, counter and checkmate your opponent using offensive counters, set-up counters, trapping techniques and ring strategy. These techniques are a must for any serious fighter learning how to compete in modern competition sparring. 59 min. TKD503 \$39.95

TAI CHI CHUAN

COMBINED TAIJIQUAN IN 48 FORMS

Pt. 1: Forms 1-19

FEATURING WEN-MEI YU

Wen-Mei Yu is among the world's most knowledgeable internal stylists. In this tape series, she performs and explains the Combined Taiji-quan in 48 Forms. The 48 form consists of movements from the longer 88 form but also adds elements inherent in the Wu, Wu Jian Quan, Sun, Yang and Chen styles. Part one consists of the movements 1-19. 58 min. TC481 \$39.95

COMBINED TAIJIQUAN IN 48 FORMS

Part 2: Forms 20-48

In this tape, Wen-Mei Yu continues with movements 20-48. 58 min. TC482 \$39.95

CHEN STYLE TAI CHI Part 1

FEATURING JAMES MCNEIL

The Chen style's 13 sections and 64 moves are clearly illustrated and McNeil, a world renowned internal stylist, breaks down the form into individual movements. In this tape, McNeil breaks down the first 22 moves and shows the self-defense applications of each move. The tape concludes with footage of master Pan Wing Chow performing the form and demonstrating push hands. 48 min. MN1CTC \$39.95

CHEN STYLE TAI CHI Part 2

In this tape McNeil continues his instruction of the Chen form. He starts with a review of the 22 moves taught in part one then goes on to moves 23 to 64. 48 min. MN2CTC \$39.95

WU STYLE TAIJIQUAN IN 89 FORMS

Part 1

FEATURING WEN-MEI YU

Wen-Mei Yu is among the world's most knowledgeable internal stylists. In this three part series, she teaches Traditional Wu Style in 89 Forms as taught to her by masters Wu Ying Hua and Ma Yueh Liang. The Wu Style is unique and will increase your strength and flexibility with movements that are both compact and unrestrained. Part one features a demonstration of the complete form, followed by a lesson on all the basic hand forms, stepping movements, turns and kicks. Next a detailed lesson on forms 1-16 is shown. 56 min. WU01 \$39.95

WU STYLE TAIJIQUAN IN 89 FORMS

Part 2

Part two continues with detailed instruction on forms 17-55. 59 min. WU02 \$39.95

WU STYLE TAIJIQUAN IN 89 FORMS Part 3

Part three concludes the series with detailed instruction on forms 56-89 plus a demonstration of self-defense applications derived from the form. 45 min. WU03 \$39.95

TRADITIONAL YANG STYLE

TAI CHI SWORD Part 1: Movements 1-35

FEATURING WEN-MEI YU

In this tape, Wen-Mei Yu teaches a traditional Yang style sword form. The tape starts with a full demonstration of the form followed by instruction in the basic stances you will be using. Next, basic sword methods such as the sword finger, holding the sword, cutting, parrying and others are taught. The in-depth instruction of the form begins with movements 1-35, including a slow-motion review. 58 min. YSW01 \$39.95

TRADITIONAL YANG STYLE TAI CHI

SWORD Part 2: Movements 36-53

In this tape, Wen-Mei Yu continues her instruction on the traditional Yang style tai chi form. The tape starts with a review of the material covered in part one before continuing the step-by-step instruction of the final movements 36-53. After completing the instruction, the full form is reviewed in slow motion as well as regular speed. 46 min. YSW02 \$39.95

TRADITIONAL YANG

STYLE TAI CHI KNIFE

FEATURING WEN-MEI YU

The traditional Yang style knife form is composed of thirteen movements. Wen-Mei Yu starts off by teaching you the stances and individual knife methods needed to execute this form. The form itself is taught with detailed, step-by-step instruction, in an easy to learn manner. Also shown is a slow motion version to aid in your learning. 53 min. YKN \$39.95

TRAINING

CREATIVE KICKING COMBINATIONS

FEATURING STUART QUAN

In this tape, Stuart takes your basic kicks and brings out important keys on how to maximize your execution. He talks about the slow/fast principle, how to create power and maintain balance. Next, Stuart gets into the combinations, using both Japanese and Korean style kicks, as well as adding punch combinations. He gives you a detailed, step-by-step breakdown of spinning and multiple kicking methods. He concludes with a series of self-defense techniques combining different styles of martial art. 50 min. QUAN 1 \$39.95

KICKING TO NEW HEIGHTS

FEATURING STUART QUAN

This video focuses on aerial kicking techniques. Included are the Jump Side Kick, the Jump Spinning Kick and the awesome Jump 360 Kick as well as others. Stuart starts the tape with a good warm-up routine while giving you plenty of tips to improve your stretching. He then goes into a step-by-step breakdown of each kick. The tape finishes with an array of aerial combinations for you to learn. 50 min. QUAN 2 \$39.95

SAVE!

Order 3 to 5 tapes and pay only \$33 each.

ORDER BY PHONE! 1-800-332-3330 • Fax 800-249-7761

Foreign Orders call: 818-845-2656 • Fax: 818-845-7761

Part 1

FEATURING STUART QUAN

Fly through the air with the greatest of ease! In this two-tape series you'll learn to conquer your fears, go for your goals and reach your outer limits. Learn to perform dazzling acrobatic moves through an easy-to-follow, step-by-step process that will increase your flexibility and strength as well. Part one teaches you:

Basic stretching, Kip up, Head stand, Back extension roll, Front roll, Dive roll, Shoulder roll, Cart wheel and Combination moves. 50 min. ACR01 \$39.95

ACROBATIC FIGHTING TECHNIQUES

Part 2

In this tape, Stuart continues his acrobatic lesson with: Advanced stretching, Back hand spring, Front hand spring, Back flip, Round off, Aerial cart wheel, wind mill, Combination moves, and Martial art choreography. 50 min. ACR02 \$39.95

THE ART OF STRETCHING AND KICKING

FEATURING JAMES LEW

For you to kick your highest and move your fastest, it is essential to be limber and completely flexible! In this tape, James starts out with a general warm-up before starting his pre-kicking stretch routine, which strengthens as well as limbers up all the muscles used in kicking. Then he covers the basic kicks: front, side, roundhouse, hook, back, crescent, and axe and more! You'll learn concepts for power and focus, as well as many tips to perfect your kick technique. James concludes with stretches designed to obtain maximum flexibility in an easy to follow routine. 48 min. LEW1 \$39.95

STRETCHING AND KICKING—MASTER SERIES

In this tape James focuses on the more dynamic jump, spin and multiple kick techniques. He starts off with a quick review of the basic kicking fundamentals. Next he teaches the jump and spinning front kicks, roundhouses, side, hook, crescent, and axe kicks. You'll learn how to kick from the ground as well as numerous kick combinations. This tape is a catalog of every kick imaginable! 48 min. LEW2 \$39.95

DYNAMIC STRENGTH

FEATURING HARRY WONG

Control your own power destiny! All martial artists must continue to improve their power and speed as they train to achieve their own personal best! In this video, Kung Fu San Soo Master Harry Wong, will show you how to achieve the results you want. Using a unique blend of flowing isometrics Harry teaches you how to continuously improve your strength and physique. Recommended for students of all styles. 58 min. DS1 \$39.95

PROTECTORCISE

FEATURING KAREN SHEPHERD

Get in top shape while learning practical, effective self-defense moves. Karen Shepherd, star of several feature films and Red Sonja in Universal Studios' Conan the Barbarian show, has called upon her years of experience as a world champion martial artist and fitness instructor to create Protectorcise, the perfect low impact aerobic workout which simultaneously teaches simple and realistic responses to physical assaults. 60 min. PROT1 \$39.95

LIANGONG IN 18 FORMS Part 1

FEATURING WEN-MEI YU

Liangong, a complete set of exercises for preventing and healing physical ailments, is based on ancient Chinese therapies, and the curative methods of massage. It is extremely beneficial to anyone interested in self-healing or improving strength, and flexibility. Part one is an introduction to the entire exercise and then takes you through exercises designed to heal neck, shoulder and back pain. 59 min. LG1 \$39.95

LIANGONG IN 18 FORMS Part 2

Part two takes you step-by-step through exercises designed to heal and strengthen your hips, legs and your joints. 59 min. LG2 \$39.95

LIANGONG IN 18 FORMS Part 3

Part three, teaches you exercises designed to strengthen your tendons and connective tissue as well as preventing and healing internal disorders. 50 min. LG3 \$39.95

Tien Gunn Part 1

FEATURING JAMES MCNEIL

Tien Gunn, meaning "celestial stem" is an ancient series of exercises for health and self-defense. These exercises are derived from the internal styles of Kung-Fu known as Pa Qua and Hsing-I. The human body or "celestial stem" becomes strong and flexible, the circulation of chi and blood is increased, and a powerful root connection to the earth is established. In tape one you'll learn the first ten exercises such as the sword hand, the transverse palm and direct clamping. 50 min. TGN1 \$39.95

Tien Gunn Part 2

In this tape McNeil continues with his Chi Kung exercise lessons. You'll learn the last 16 exercises such as the crane's beak blocking, phoenix fist and the spear hand. Practice these exercises for health and self-defense. 50 min. TGN2 \$39.95

8 SECTION BROCADE

FEATURING JAMES MCNEIL

This is a very ancient exercise of washing the inner body. The name refers to the circulation of Chi through the complex network of meridians within the body. When these meridians are obstructed and the chi cannot flow freely the body is affected and sickness may occur. These exercises are designed to remove these obstructions and keep the inner organs in balance and harmony. 50 min. 8SBRO \$39.95

ENHANCING YOUR SKILLS

FEATURING MARK DACASCOS

In this tape, Mark focuses on exercises and drills to improve your skills for both tournament fighting and street self-defense. He starts off with harmony sparring, a warm-up exercise that develops spontaneous reaction in your technique. Next he goes through a variety of conditioning and strengthening drills to help you overcome fear of contact, as well as build speed and reaction time. Martial artists of all styles will benefit from these unique partner sparring exercises. 60 min. ESK \$39.95

WEAPONS

SHAOLIN WEAPONS SERIES: THE BUTTERFLY KNIFE

FEATURING JAMES MCNEIL

Learning to handle martial arts weapons greatly enhances all empty hand techniques. In this tape, James McNeil demonstrates a Shaolin Kung-Fu butterfly knife set in a step-by-step, easy to learn format. To fully understand the weapon, McNeil also teaches the fighting application for each movement of the set. 40 min. SWPN01 \$39.95

SHAOLIN WEAPONS SERIES: THE STAFF

FEATURING JAMES MCNEIL

In this tape, James McNeil demonstrates a Shaolin Kung-Fu staff set. By learning this form, you can master most of the basic maneuvers needed to utilize this practical weapon. To further your understanding of this weapon, McNeil also teaches the fighting application of each move of the set. 40 min. SWPN02 \$39.95

THE KUBOTAI: TRAINING AND TECHNIQUES

FEATURING TAK KUBOTA

Soke Takayuki Kubota has designed the ultimate weapon for self-defense. In fact, the Kubotai is so effective, many police departments have enlisted Kubota to train their forces in properly utilizing it. In this video, you'll learn strikes, blocks, control techniques and the kata that will put all the movements together. 48 min. KUTAI \$39.95

WING CHUN

WING CHUN GUNG-FU Basics Pt. 1:

Structure and Footwork

FEATURING RANDY WILLIAMS

Randy Williams gives insightful instruction for the Basic Stance, the Eight Punches and Eight Palm Strikes of Wing Chun. Elbow Strikes and Blocking Motions are covered as are the Five basic Moving Stances. In addition, you will learn the footwork necessary to get the most from the other tapes in this outstanding series. 50 min. WCW01 \$39.95

Wing Chun Gung-Fu Basics Pt. 2: Combat Theory and Kicks

This tape is the companion to Structure and Footwork and includes step by step explanations of the Mixed Footwork Patterns used to develop Body Unity. Learn the Centerline Theory, The concept of Reference and The Cutting Angle. Gain insight into Complex Motions and Simultaneous Defense and Attack. Also covered are Wing Chun's Invisible Kick principal and the use of the Rattan Ring! 50 min. WCW02 \$39.95

WING CHUN GUNG-FU Combat Drills Pt. 1: Basic Blocks and Traps

Five Star Arm Toughening Drill, Kuen Siu Kuen punch interception, Straight Punch drills: 4 variations done 3 ways! Also learn Yut Fook Yee Yin/Yang attack and defense drill, Pock Sau for quickness and dexterity in blocking and trapping, and many others! 50 min. WCW03 \$39.95

WING CHUN GUNG-FU Combat Drills Pt. 2: Advanced Blocks and Traps

Slow Attacks Drills, Four Line Changing, Simultaneous Attack & Defense, Trapping and Kicking, also, Woo Sau Cutting Angle Defense, Fon Sau Drill for quickness and economy of movement, Lop Sau, Wing Chun's famous timing and trapping drill, Gahng Gyeuk; a 6-part shin/knee/ calf toughening exercise and others! 50 min. WCW04 \$39.95

WING CHUN GUNG-FU

Chee Sau Concepts & Strategy Pt.1: Single Stick & Rolling

This video covers Look Sau; the famous double rolling arms cycle of Wing chun. Single Sticky hand and Inside and Outside Whip Cycles are demonstrated as well as basic three part sensitivity drills. All are clearly shown with and without the specific footwork, to make these techniques easier to learn and apply! 50 min. WCW05 \$39.95

WING CHUN GUNG-FU

Chee Sau Concepts & Strategy Pt. 2: Combat Sticky Hands

In this, the companion video, Randy takes you to new heights with the ultimate in Look Sau Rolling Arms techniques, 25 Gwoh Sau combat/attack combinations as well as 2 Response Chains! All designed to allow you to handle the multiple variations and possible outcomes of an attack! 50 min. WCW06 \$39.95

WING CHUN GUNG-FU

108 Wooden Dummy Motions Pt. 1

Part one covers the first 60 motions of the Mook Yan Joang Fot Yut Ling Bot wooden dummy forms and their applications. Also covered are dummy structure and installation. 50 min. WCW07 \$39.95

WING CHUN GUNG-FU

108 Wooden Dummy Motions Pt. 2

Part two covers the remaining 48 motions based on the Bui Jee thrusting fingers set. Again forms and applications are covered. 50 min. WCW08 \$39.95

WING CHUN GUNG-FU

Wooden Dummy Training Part 1: Advanced Wooden Dummy Drills

In this tape, Randy demonstrates over twenty drills, both on the dummy and with a partner. He starts with the 5-Star Blocking Drill and continues with others such as: Fist Parries Fist, Huen Da Progression, Jom Sau Chasing, Straight Punch Drills, The Invisible Kick and more. 56 min. WCW09 \$39.95

WING CHUN GUNG-FU

Wooden Dummy Training Part 2: Lop Sau, Chee Sau and Dummy Theory

In this tape, Randy concentrates on the Lop Sau/Fon Sau Switch, the Chahng Dai Jyeung Switch, the Bui Sau Switch, the Gum Sau Switch and the Pock Sau Switch. He then goes into Look Sau—Rolling Hands and attack combinations, Sticky Foot, the Dummy Centerline Theory and more. 56 min. WCW10 \$39.95

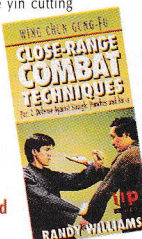
ORDER BY PHONE! 1-800-332-3330 • Fax 1-800-249-7761

Foreign Orders call: 818-845-2656 • Fax: 818-845-7761



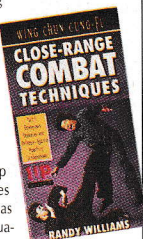
WING CHUN GUNG-FU Close Range Combat Techniques Part 1: Combat Principles and Attacking Combinations

This tape provides an explanation of important Wing Chun fighting principles such as the open/closed relationship, plant/trap/hit, the yin cutting angle, combat attitude, body unity and more. Also included are a number of fighting techniques, demonstrated at speed and in detailed slow-motion. 47 min. **WCW11 \$39.95**



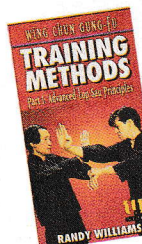
WING CHUN GUNG-FU Close Range Combat Techniques Part 2: Defense Against Straight Punches and Kicks

In part two, Randy continues to demonstrate fighting techniques against the jab, the 1-2, and a variety of different kicks. 53 min. **WCW12 \$39.95**



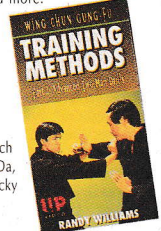
WING CHUN GUNG-FU Close Range Combat Techniques Part 3: Emergency Defenses and Defenses against Punching Combinations

In part three, Randy starts off with a unique warm-up series and then continues with fighting techniques against a variety of punching combinations as well as different grabs, rear attacks and other self-defense situations. 35 min. **WCW13 \$39.95**



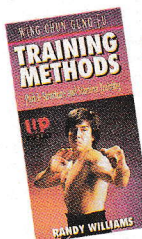
WING CHUN GUNG-FU Training Methods Part 1: Advanced Lop Sau Principles

In this tape Randy teaches numerous training drills designed to perfect your Wing Chun techniques such as: All Lop Sau switches with kicks, stop kicks, broken rhythm, Fon Sau Switching, Chahng Dai Jyeung Switching, Biu Sau Switching, Gum Sau Switching, Pock Sau Switching and more. 41 min. **WCW14 \$39.95**



WING CHUN GUNG-FU Training Methods Part 2: Advanced Two-Man Drills

In this tape, Randy demonstrates training drills such as: The Pock Sau cycle, Leakage Drills, Huen Da, Block Responses, The Body Trap Drill, Single Sticky Hand with Kicks, Combat Sticky Foot and more. 41 min. **WCW15 \$39.95**



WING CHUN GUNG-FU Training Methods Part 3: Structure and Stamina Training

In this tape, Randy teaches the Siu Leem Tau form, the Chum Kiu form, the Biu Jee form and some of his unique training methods such as the 1080 Punches, the 1024 Kicks, Short Punches, L-Moving and Whip Power. These drills are guaranteed to make the most of your practice sessions. 60 min. **WCW16 \$39.95**

WU SHU

WUSHU TRAINING SERIES/STRETCHING and WARMUP FEATURING KENNY PEREZ

Kenny teaches you the stretching methods that allow the Wushu competitor to accomplish the great range of flexibility necessary to perform their dynamic routines. 50 min. **WUSH01 \$39.95**

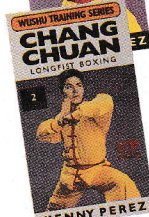


WUSHU TRAINING SERIES/CHANG CHUAN: LONG FIST BOXING Pt. 1: Basics

This is an introduction into the basic strikes, kicks and stances that serve as the foundation of this northern style of kung-fu. 50 min. **WUSH02 \$39.95**

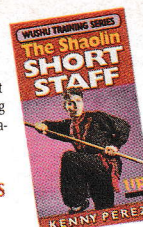
WUSHU TRAINING SERIES/CHANG CHUAN: LONG FIST BOXING Pt. 2: Form and Application

This tape teaches you an elementary chang chuan form and breaks down those movements into their practical applications. 50 min. **WUSH03 \$39.95**



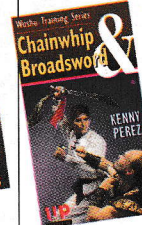
WUSHU TRAINING SERIES/THE SHAOLIN SHORT STAFF

This tape teaches you the fundamentals of the short staff as well as demonstrating a form and breaking down the movements into their practical applications. 50 min. **WUSH04 \$39.95**



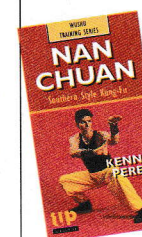
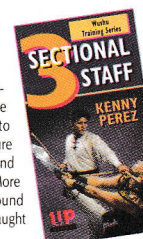
WUSHU TRAINING SERIES CHAINWHIP AND BROADWORD

Kenny starts off with the broadsword and teaches movements including, coiling, the stab, the hack, the pick, thrusts, the press, slices and different figure eights. A basic broadsword form is demonstrated. The instruction for the 9-section chainwhip includes figure eights, swings, circles, neck wraps, leg maneuvers and the one-hand toss around. The tape ends with combination techniques and a complete form demonstration. 45 min. **WUSH05 \$39.95**



WUSHU TRAINING SERIES/3-SECTIONAL STAFF

In this tape you'll learn all the skills needed to master this weapon. Kenny starts off by showing the basic ways to hold the staff, then moves on to manipulating the weapon. You'll learn various figure eight motions, blocks, swings, stabs, circling and methods of opening and closing the 3 sections. More complex techniques like the 10 strikes and ground rolls are also covered. An introductory form is taught step-by-step with applications. 48 min. **WUSH06 \$39.95**



WUSHU TRAINING SERIES/NAN CHUAN

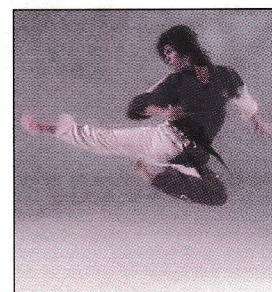
Nan Chuan focuses on the southern styles of kung-fu such as hung gar, five animals and wing chun. Kenny starts off by teaching the basic hand forms including tiger claw, crane, snake and dragon. He then teaches drills to develop strikes using the different hand forms. Next, you'll learn 10 stances and 10 stepping patterns. Kenny combines all the basics and teaches you the compulsory basic nan chuan form in a step-by-step breakdown. Finally, you'll learn how to apply the techniques in fighting situations. 60 min. **WUSH07 \$39.95**



WUSHU TRAINING SERIES/DITAN: GROUND FIGHTING

Ditan chuan focuses on falling, tumbling and groundfighting techniques. Kenny starts by teaching falling techniques including front back and side falls as well as the front flip fall. Acrobatic moves include rolls, dives, kips, cartwheels, scissors, handsprings and the butterfly kick. The tape concludes with numerous applications of these innovative techniques. 60 min. **WUSH08 \$39.95**

NEW RELEASES!



HARD STYLE FORM COMBINATIONS FEATURING CHRISTINE BANNON-RODRIGUES

In the world of sport karate, Christine Bannon-Rodriguez is the most versatile female competitor of all time. She has consistently won in all three categories of competition—fighting, forms and weapons. In this tape, Christine puts together kicks, punches

and gymnastics into a unique blend of 15 combination moves to enhance your hard style forms for open competition. She teaches in an easy, step-by-step manner. As a bonus, Christine demonstrates her hard style form that has won numerous championships around the world. 45 min. **HSC \$39.95**

SOFT STYLE FORM COMBINATIONS

In this tape, Christine teaches 10 combinations including the 360° sweep, the jump inside crescent kick into full splits, the aerial butterfly kick, the aerial cartwheel and more. Next she teaches the basic junior longfist form in a step by step method. Christine then teaches a modified version by adding some of the more advanced combinations into the basic form. You'll learn her secrets for creating a world class soft style form for competition. 52 min. **SSC \$39.95**

WEAPONS FORM COMBINATIONS

In this tape, Christine draws from her world championship whipchain and broadsword form to teach you some dynamic combination techniques with these weapons. She starts with basic techniques such as the double flower and the forward figure eight and works up to more complex combinations like the 360° jump, floor combinations and neck wraps. Christine then teaches her entire form in a step-by-step breakdown. 50 min. **WPC \$39.95**

FIGHTING COMBINATIONS

In this tape Christine teaches fighting techniques that she uses to consistently win at tournaments around the world. She begins by teaching methods of footwork. Next, Christine teaches 8 defensive maneuvers including the: side kick, jump back kick, hook kick, ridge hand and more. She continues with 10 offensive combinations like the fake hook kick to round kick, the low reverse punch to ridgehand, sweep and ax kick and her famous multiple round kick to side kick combo.

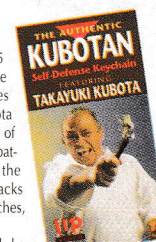
Each technique is taught step-by-step, applied against a partner and demonstrated using training pads to perfect and develop the power in the technique. 53 min. **FTC \$39.95**

THE AUTHENTIC KUBOTAN® SELF-DEFENSE KEYCHAIN

FEATURING TAKAYUKI KUBOTA

The official Kubotan® self-defense keychain is a 5 1/2" plastic stick with a keyring attached. This tape will teach you the basic strikes and techniques you'll need to use the Kubotan®. Master Kubota starts off by explaining vulnerable striking points of the body. Next he teaches some simple striking patterns and joint manipulations. After learning the basics, you'll learn how to counter specific attacks including wrist grabs, arm grabs, chokes, punches, bear hugs and more.

Master Kubota has taught martial arts to both law enforcement and the general public for over 50 years. 50 min. **KUKC \$39.95**



R.O.C. Part 1 FEATURING GREGG WOOLDRIDGE

R.O.C. (Reactive Opponent Control) is a concept that goes beyond technique and focuses on total domination of your opponent. R.O.C. brings self-defense to a level that the average martial artist can understand and utilize with very little time expended in the training process. In this tape, martial artist and bodyguard Gregg Wooldrige teaches you the foundation of R.O.C.: body positioning and body manipulations. 45 min. **RS01 \$39.95**

R.O.C. Part 2

In part 2, Gregg expands on the information taught in part one by adding punches, elbows, knees, kicks and headbutts to the basic body manipulations. In addition, a full lesson on grappling concepts and techniques is included. For those of you who have been in actual combat situations, you are well aware of the physicality needed to overcome an opponent—R.O.C. is the perfect supplement to add this to your training! 50 min. **RS02 \$39.95**

HAPKIDO Part 1: The Basic Elements of Hapkido

FEATURING SCOTT SHAW
The Korean art of Hapkido translates to the way of coordination and internal power. Scott Shaw brings over 20 years of experience to this 4-part video series. Part one includes warm-ups, stretching, basic kicks, hand strikes, blocks, falling techniques, joint locks and basic self-defense. 49 min. **HAP01 \$39.95**



HAPKIDO Part 2: Deflections, Joint Locks and Throws

Part 2 focuses on deflection and distance control as a concept for defense. Scott then teaches advanced jointlocking techniques to control or throw your opponent. 55 min. **HAP02 \$39.95**

HAPKIDO Part 3: Kicking Techniques and Defenses

Hapkido is well-known for the dynamic kicks incorporated into the art from Taekwondo and Tang Soo Do. In this tape you'll learn advanced stretches and kicks, Hapkido concepts for using your kicks in combat, and proper defense against kick attacks. 51 min. **HAP03 \$39.95**

HAPKIDO Part 4: Ground Fighting, Weapon Defenses and Hapkido Cane Techniques

The realities of combat may find you on the ground or facing an armed opponent. In this tape, Scott teaches kicks, punches, jointlocks and throws from the ground position. You'll learn self-defense against clubs, knives and guns. Finally Scott teaches the basics of Hapkido's unique weapon, the cane, demonstrating a variety of easy to apply techniques. 53 min. **HAP04 \$39.95**

ORDER BY PHONE! 1-800-332-3330 • Fax 800-249-7761

Foreign Orders call: 818-845-2656 • Fax: 818-845-7761

UNIQUE PUBLICATIONS VIDEO ORDER FORM



4201 W. Vanowen Place
Burbank, CA 91505 U.S.A.

For credit card orders, call toll free:

1-800-332-3330

Fax orders: 1-800-249-7761 (U.S.); 1-818-845-7761 (Outside U.S.)

PLEASE PRINT:

Name _____

Street _____

City _____

State _____

Zip Code _____

Business Phone # _____

Home Phone # _____

METHOD OF PAYMENT: ☐ Check ☐ Money Order ☐ Visa ☐ MasterCard
Sorry no C.O.D.'s accepted. Money orders will speed processing. Foreign countries please submit international money order or bank draft payable in U.S. funds, U.S. bank.

Credit Card # _____

Expiration Date _____

Signature _____

CODE #	QUANTITY	PAGE	VIDEO TITLE	VHS	PAL	PRICE	TOTAL

VIDEO PRICE SCHEDULE:

1 to 2 tapes: \$39.95 each;

3 to 5 tapes: \$33.00 each;

6 or more tapes: \$31.50 each.

PAL format tapes are available for an additional \$10 each. Prices subject to change without prior notice.

SUBTOTAL

CA residents add 8.25% sales tax

SHIPPING AND HANDLING: Continental U.S.: First tape \$5; each additional tape \$2.50. HI, AK, PR, Canada: First tape \$6; each additional tape \$4. Foreign: First tape \$10; each additional tape \$5.

Shipping and handling

VIDEO TOTAL

AVAILABLE SEPTEMBER 1994

NINE DRAGON BAGUAZHANG FOR STREET COMBAT

Featuring Capt. John Painter, Phd

VOLUME 1: TRAINING PRINCIPLES—Stances • Postures • Palms • Linear Forms

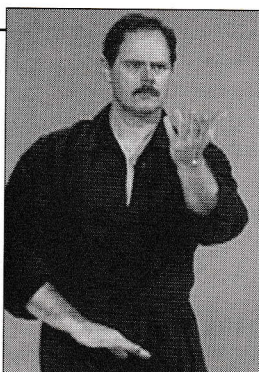
This tape takes you step-by-step through the stances, postures and eight palms. You'll learn Capt. Painter's principles of developing Jing (mind/body internal force) for sensing and emitting power for each of the eight palms in their yin and yang aspects. Selected standing and linear walking forms of this rare art are also shown. You will learn how the mind creates internal power and amazing physical strength with mental images linked to the Yijing concepts of the Baguazhang palms. Also included are Qi internal energy standing forms, practical speed and power drills and Baguazhang push hands games. Much of this information has never been taught outside of China before! BAG01 \$39.95

VOLUME 2: TRAINING PRINCIPLES—Walking the Circle and Combat Games

Tape two takes you step-by-step through the foot patterns, circle walking, postures and eight palms to help you develop the amazing circular combat power of Nine Dragon Baguazhang. Learn the principles of developing Jing (mind/body internal force) for neutralizing and striking or pushing power for each of the eight baguazhang palms in both their yin and yang aspects. You'll learn the circular walking combat training forms, Qi internal energy forms, speed and power drills and Baguazhang push hands games. BAG02 \$39.95

VOLUME 3: HAND TO HAND TACTICS

Tape three focuses on the simple, direct internal/external power of Nine Dragon Baguazhang's Fire and Thunder



Palms to simultaneously neutralize and counter strike with tremendous force to any street fighter or martial artist attacking with strikes and kicks. You will learn the Baguazhang total body weapon concept as well as mind and body principles of combat preparedness. Many applications are shown at full combat speed and power and then broken down step-by-step for easy learning. If you want real world principles and applications, not fantasy form demonstrations, this is the tape for you! BAG03 \$39.95

VOLUME 4: QINNA—Locks • Throws • Projections

Tape three focuses on the mind/body power of Nine Dragon Baguazhang's Heaven and Lake Palms. You'll learn the uncomplicated use of your palms, arms, torso and legs to seize pressure & nerve points, lock joints, break limbs or throw an enemy who is attempting to choke, grab, hold, strike or kick you. Learn to use the power of the guiding, sticking energies with the smooth or pulse emitting Jing (Mind/Body internal Force) to easily throw an opponent many feet away from you. BAG04 \$39.95

VOLUME 5: DEFENSIVE TACTICS AGAINST CLUBS

Tape five features whole body powers of the Water and Wind Palms of Nine Dragon Baguazhang as used in a life or death struggle with a weapon wielding opponent. Learn to recognize safe zones, establish distance, neutralize, counter and disarm a street fighter with a staff or club. Techniques are shown at full speed and power and then the Baguazhang principles are broken down in a step-by-step easy to learn manner. BAG05 \$39.95

VOLUME 6: DEFENSIVE TACTICS FOR KNIVES AND EDGED WEAPONS

Tape five features whole body powers of the Earth and Mountain Postures of Nine Dragon Baguazhang as used in a life or death struggle with an opponent armed with an edged weapon. Learn to recognize safe zones, establish distance, neutralize, counter and disarm a street fighter armed with machete, fighting knife, broken bottle or a hidden small blade. Techniques are shown at full speed and power and then the Baguazhang principles are broken down in a step-by-step easy to learn manner. Mind and body principles of combat preparedness are fully explained. BAG06 \$39.95

COMING SOON

KALASAG KUNTAO SILAT Featuring Roberto Torres

AIKIDO Featuring Kensho Furuya

GOJU RYU KARATE Featuring Kent Moyer

AWTO**COGITO
ERGO
AWTO**

American Wing Tsun Organization Chief Instructor Sifu Emin Boztepe (5th Level Practician of the IWTMAA)

Secretary of the AWTO for Memberships and Equipment:
Anette Czagany • FAX/Phone (213) 666-1635
505 S. Beverly Dr., Suite #1400 • Beverly Hills, CA 90212

1994 SEMINARS with Grandmaster Leung Ting and Sifu Emin Boztepe USA

March 11-13 - Clarksville, TN
March 18-20 - Houston, TX
March 25-27 - Billings, MT
July 8-10 - San Antonio, TX
July 12-13 - Palmdale, CA
July 15-17 - Eureka, CA
July 22-24 - Cascade, ID
July 29-31 - Clarksville, TN
Aug. 5-7 - Seattle, WA
Aug. 12-14 - Mesa, AZ
Aug. 19-21 - Houston, TX
Aug. 26-28 - Clarksville, TN
Aug. 26-28 - Naperville, IL
Sept. 2-4 - Billings, MT
Oct. 19-20 - Palmdale, CA
with Grandmaster
Leung Ting
Oct. 21-23 - San Antonio, TX
with Grandmaster
Leung Ting
Oct. 25-26 - Mesa, AZ
with Grandmaster
Leung Ting
Oct. 29-30 - San Francisco, CA
with Grandmaster
Leung Ting

CANADA

July 29-31 - Victoria, BC

For further
information
about our
seminars,
ordering
equipment and
membership in
the AWTO,
please contact
our headquarters
at (213) 666-1635

Authorized WING TSUN Schools of the IWTMAA:

ALABAMA

Kirk Johnson, Huntsville (205) 852-1264

ARIZONA

Sifu Keith Sonnenberg, Mesa

(602) 833-7648

Sifu Robert Jaquet, Phoenix

(602) 867-2658

Don Grose, Tucson (602) 744-4895

CALIFORNIA

Sifu Elmond Leung, San Francisco

(415) 665-9642

James Geddy, Palmdale (805) 269-4232

Dennis Borne, Eureka (707) 443-1452

Derek Kaldchak, Kenfield (415) 721-7676

Frank Urschel, Los Angeles

(213) 660-6462

Rezo Nassri, Brentwood (310) 473-4386

GEORGIA

Kirk Johnson, Atlanta, GA

(205) 8852-1264

ILLINOIS

Mike Adams, Chicago, Naperville,

Champaign, Bloomington (708) 368-2425

Bob Striedel, Chicago, (312) 714-0867

Jeffrey Schmidt, Aurora (708) 898-2563

INDIANA

Johnny mcGoldrick, Cascade

(208) 382-3687

MASSACHUSETTS

Tom Gilbert, Northfield (413) 498-0208

MONTANA

Sifu Steve Brandon, Billings

(406) 256-3389

NEW JERSEY

Jeff Kirschner, Chester (201) 673-8000

OHIO

George hodge, Reynoldsburg

(614) 575-0974

TENNESSEE

Keith Fain, Palmyra (615) 326-5732

TEXAS

Will Parker, San Antonio

(210) 822-0035

David Lesser, Midland (915) 687-6973

Carlos Rodriguez, Irving (214) 351-1015

Alex Wallerwein, Houston

(713) 526-1342

Robert Puig, Austin (210) 443-0635

WASHINGTON

Walter Schmidt, Renton (206) 772-0155

WYOMING

Gary Garreston, Worland (307) 347-6108

CANADA

Britta Weber, Mile House, BC

(604) 395-4686

Karl Ward, Victoria, BC (604) 361-3091

Heiko Horst Knees, Victoria, BC

(604) 475-6423

Marty D. Tompkins, Parksville, BC

(604) 248-2848

JAMAICA

Claus Feyl, Montego Bay

(809) 979-5200

By the way,
this is how
self defense is
spelled: WT



LETTERS

INSIDE KUNG-FU welcomes letters from its readers. All letters should be typed and double-spaced on one side of the page. Letters should be signed and include name, address and daytime phone number for verification. INSIDE KUNG-FU reserves the right to edit letters for clarity and space limitations.

In Defense of Bruce Lee

IT HAS BECOME INCREASINGLY difficult for me to read your magazine because of all this nonsense about Bruce Lee's art.

I was particularly upset after reading the letters in your May, 1994 issue. I think that Bruce Lee would be very upset if he knew how people are arguing over his art like children in this day and age. Why are all these people wasting their energy arguing? Why worry about how other people train or think, or who said what about whom?

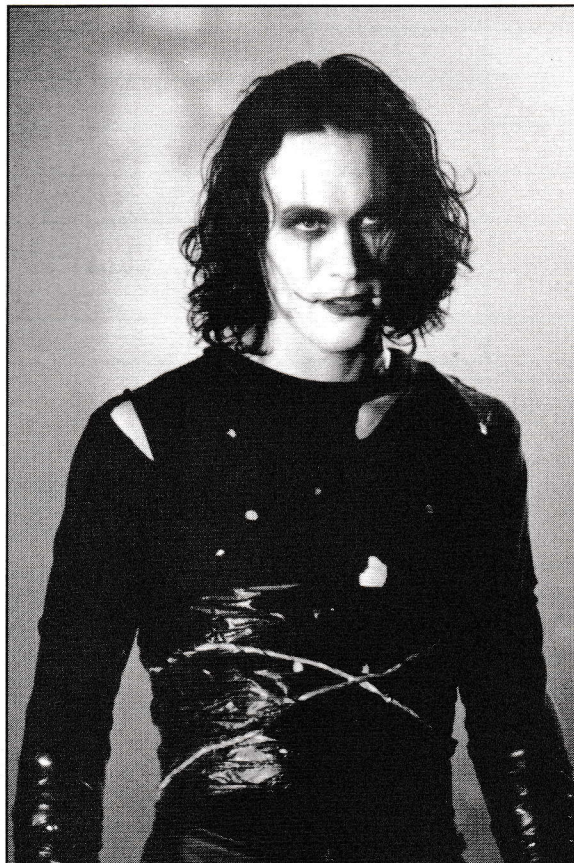
JKD is a very personal art. Obviously they have never read, or never understood Bruce's philosophies in the *Tao of Jeet Kune Do*. Either that or they have never studied with someone who knew Bruce, or who is an instructor under Bruce.

Bruce said, "Jeet kune do is the enlightenment of oneself. Self-knowledge is the basis of jeet kune do because it is effective, not only for the individual's martial art, but also for his life as a human being."

He also said, "If people say jeet kune do is different from 'this' or 'that,' then let the name of jeet kune do be wiped out, for that is what it is, just a name. *Please don't fuss over it!*"

If you really want to find out what Bruce's art was all about, start with a thousand kicks and punches a day. Not a thousand words per letter! So to all those mentioned above, shut up already and hit a focus glove.

Iwo Iwaszkiewicz
New York, NY



Preserving the Past

THIS PAST WEEKEND, I SAW the best and, unfortunately, last performance by Brandon Lee in the film, *The Crow*.

Although I thought the idea of someone coming back from the grave to right a wrong had been taken to the limit, I knew that this time, the storyline would have a different twist. Since his first role as Kwai Chang Caine's long lost son to reincarnated rock-star Eric Draven (aka the Crow), Brandon, with every new role, progressively brought more and more credibility to each one of the characters he portrayed.

Yet, throughout the entire film, one thought just wouldn't go away: he's gone. And unlike the character I was watching on screen, Brandon

wouldn't be coming back. Curse or coincidence. It doesn't really concern me. If people were more responsible and less cavalier regarding the welfare of others, perhaps Brandon might be here to enjoy his mainstream success with those closest to him, unlike his father was able to do.

I had the opportunity to meet Linda and Shannon Lee at the Estate Auction of Bruce Lee held last August by Superior Galleries. My impression of the two was that despite their recent loss, they had managed to find a way to project a

positive attitude. Two tragedies, less than one lifetime. I hope no one ever has to know the kind of hardships that Linda and Shannon Lee have had to endure. These two women are living proof of Bruce Lee's simplistic yet most profound philosophy; regardless of the events that take place during the course of one's lifetime, good or bad, one must "walk on".

No one, with the exception of my father, has had such a dramatic impact on my life like that of Bruce Lee. He continues to be a major influence for me, both physically and mentally. I thank his family and friends for preserving so well all the teachings, philosophies and even the little anecdotes of such an extraordinary individual.

Paul Vunak's

The JKD STREET FIGHTING SERIES

Progressive Fighting Systems
Jeet Kune Do

SET ONE

Tape #1: JKD's Straight Blast

"...whenever Bruce was really serious about a fight, he'd always revert back to the straight blast."
DAN INOSANTO

In this tape, Vunak demonstrates the blast while sparring full-contact against a boxer, wrestler, karate-man, etc. This is Paul's personal favorite.

Approximate Running Time: 50 minutes **\$54.95** (includes s & h)

Tape #2: Dumog (Filipino Wrestling)

A man who truly understands Dumog can throw a 250 lb. person across the room. Understanding the body's choke points is essential for street-fighting.

Approximate Running Time: 50 minutes **\$54.95** (includes s & h)

Tape #3: Head Butts, Knees and Elbows

This is absolutely Vunak's most vicious tape yet. . .Paul meticulously breaks down the proper mechanics for each weapon, and then applies them, *while sparring full contact!*

Approximate Running Time: 50 minutes **\$54.95** (includes s & h)

Tape #4: JKD's Energy Drills

For the first time, Paul divulges energy drills that were previously kept behind closed doors. He covers 10 different arts and applies them in Chi-Sao, and other energy drills *full contact!* These drills are the foundation of JKD. . . a *MUST* for people who are serious about trapping.

Approximate Running Time: 50 minutes **\$54.95** (includes s & h)

ATTRIBUTES II

A Tribute to Bruce Lee

Approximate Running Time: 30 minutes **\$34.95** (includes s & h)

VHS Tapes #1 - #4 sell for \$54.95 each (includes s & h)

Buy the Whole Set One \$219.80 (includes s & h),
and you'll receive Paul's "ATTRIBUTES II" video
— A Tribute To Bruce Lee — absolutely FREE!

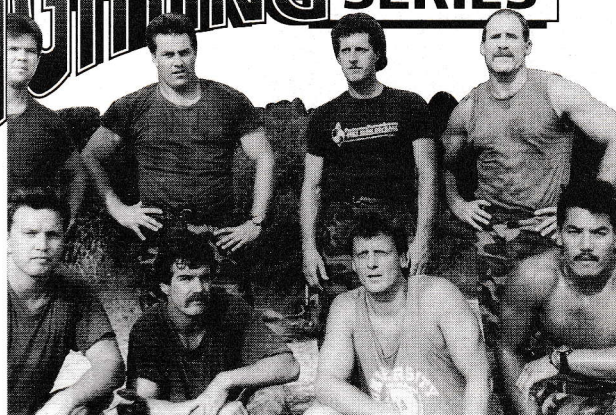
OVERSEAS FORMAT

VHS/PAL Tapes #1 - #4 sell for \$69.95 each (includes s & h)

ATTRIBUTES II sells for \$44.95 (includes s & h)

Buy the Whole Set One #1 - #4 for \$ 279.80 (includes s & h)
and you'll receive Paul's "ATTRIBUTES II" video absolutely FREE!

Paul teaches hand-to-hand and knife fighting
to the Navy Seal Teams, Marines, Air Force
and other specialized units.



Paul training at Damneck, Virginia.

SET TWO

Tape #5: Pananjakman (Rapid Fire Kicking)

The Filipino art of low line nerve destruction. This art uses ballistic knee attacks, foot stomps and foot sweeps.

Approximate Running Time: 50 minutes **\$64.95** (includes s & h)

Tape #6: Advanced Knife Fighting

"This is the best knife fighting tape I've seen to date."

GREG WALKER, Editor of Fighting Knives Magazine

This tape shows the realities of the knife.

Approximate Running Time: 50 minutes **\$64.95** (includes s & h)

Tape #7: Advanced Trapping

Paul is considered "world class" at his trapping skills. This tape is vintage Vunak.

Approximate Running Time: 50 minutes **\$64.95** (includes s & h)

Tape #8: Mass Attack

There are principles that you *ABSOLUTELY MUST KNOW* when fighting more than one person. This tape shows Paul in real life scenarios, fighting all out!

Approximate Running Time: 50 minutes **\$64.95** (includes s & h)

VHS Tapes #5 - #8 sell for \$64.95 each (includes s & h)

Buy the Whole Set Two \$239.80 (includes s & h),
AND SAVE \$20.00!

OVERSEAS FORMAT

VHS/PAL Tapes #5 - #8 sell for \$79.95 each (includes s & h)

Buy the Whole Set Two #5 - #8 for \$299.80 (includes s & h)
AND SAVE \$20.00!

Send Check or Money Order to: C.O.D. is extra. (PA residents include 6% sales tax.)

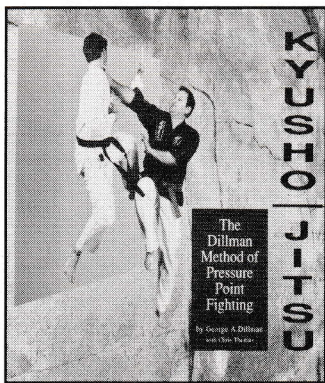
PFS Video - IK • P.O. Box 50, Oley, PA 19547

For Ordering or C.O.D Information, call (610) 689-5871.

For Dealer/Distributor Information, call (610) 689-5871 or FAX (610) 689-4027.

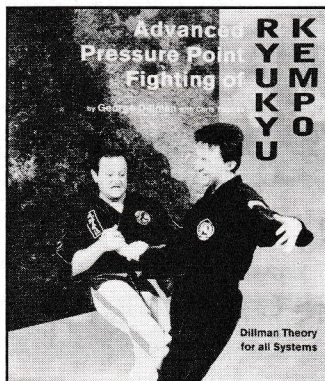
GEORGE A. DILLMAN

Pressure Points and Grappling
first the videos - NOW THE BOOKS



KYUSHO-JITSU: The Dillman Method of Pressure Point Fighting by: George Dillman with Chris Thomas

- Shows the **REAL SECRETS** of karate
- 9 x 10-1/2 in., 272 pages loaded with 500+ photos & charts.
- **Playboy Magazine**, "a must read!"
- **Bookreader**, "extraordinarily thorough!"
- **\$34.95 soft bound**



ADVANCED PRESSURE POINT FIGHTING of Ryukyu Kempo by: George Dillman with Chris Thomas

- **ANATOMICAL** descriptions of **STRIKING METHODS**.
- Charts, photos, illustrations
- 272 **power packed** pages
- **\$34.95 soft bound**

send money order to:

GEORGE DILLMAN
251 Mt. View Rd. (Grill)
Reading, PA 19607
fax your order to:
(610) 777-1557
include VISA or MC#

LETTERS

I think Bruce would have been proud of his son. Well Brandon, you have emerged from the shadow and have come into your own. Congratulations on your well-deserved success. Wish you were here to enjoy it.

Eddie Micalief
Fort Lee, NJ

Just Different

AS THE DIRECTOR OF THE Jeet Kune Do Association, I would like to take this opportunity to respond to a recent letter published in your magazine written by Richard Bustillo, director of the JKD Society.

I also served on the Board of Directors of the JKD Society, and I am an original JKD student from the Oakland JKD kwoon. Because of differences of philosophy, the Jeet Kune Do Association was founded three years ago. Its primary focus is to preserve and provide training in the original jeet kune do and street self-defense.

My lineage and credentials in JKD as well as in kempo and ju-jitsu have been thoroughly investigated and certified to be authentic by the World's Headmaster Council (WHC) and the World Head of Family Sokeship Council (WHFSC). These grandmaster organizations also fully recognize and sanction the JKD Association as a legitimate martial art organization. The Jeet Kune Do Association has never requested nor do we need an endorsement from Bustillo or his JKD Society. He has his JKD and we have our JKD.

Neither of us should be considered right or wrong, just different. It is up to the individual practitioner to decide which JKD path works best for him.

Gary Dill
Bartlesville, OK

Time for an Investigation

IN A RECENT ISSUE OF *IKF* several letters addressed a problem that is currently plaguing the Jun Fan gung-fu/JKD concepts community.

This problem is being represented by certain people as a question as to whom is in charge of JFGF/JKD. I believe this representation to be a grossly inaccurate assessment of the situation. The real problem is not whom is in charge, but who is legitimately representing the teaching, philosophy and fighting concepts that Bruce Lee developed.

I recently spent several months investigating several well-published "JKD instructors" and found that they all have two things in common: their mutual dislike for each other and the lack of any legitimate credentials that associate them in any way to Bruce Lee and his art.

From falsified documents to pure fantasy, these gentlemen are perpetrating a martial arts hoax that is being catered to by the martial arts community. This is being made possible, in part, by many martial arts publications' inability to

verify the credentials of individuals writing for their magazine and the need for fantastic headlines to attract buyers.

Is there a solution to this problem? Absolutely! If *IKF* is interested in publishing an article that clearly and accurately represents that situation it should assign a reporter to do an in-depth look at the claims, credentials and just plain lies that are being published. I sincerely think that such an investigation will cause many "JKD instructors" to find another art to practice.

Michael A. Krivka
Gaithersburg, MD

Shining Star is Dark

I WAS SADDENED TO HEAR of the passing of Mas Oyama. He was truly one of the martial arts' brightest shining stars.

His prowess in breaking and his showmanship were an inspiration to me early in my karate career. Oyama was a complete martial artist whose efforts to spread the word and spirit of budo around the globe will not be forgotten.

George A. Dillman
Reading, PA

Wing Chun Jam

I AM WRITING TO SET the record straight in regard to "Pak Jam Dao and Jam Dao—Present-Day Training of Traditional Wing Chun Weapons" in your June, 1994 issue.

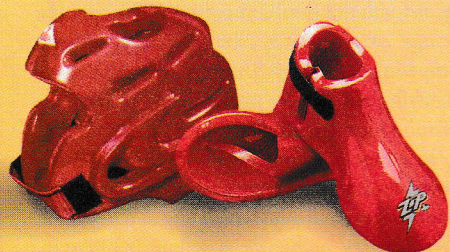
The purpose of this article was to impart the true original authentic broadsword form as it was passed secretly through generations. It is unfortunate that an error of omission occurred in the place of origin, namely the typist. As a result the pak jam dao form was incomplete.

The butterfly sword form consists of eight sections ranging from very basic to very advanced. The pak jam dao form has a traditional beginning which includes a kick, and then moves into a movement where the swords come forward into a jum sau and basic stance. Here are the eight sections:

- The first section consists of stepping up and forward with a pole-catching movement combined with heun sau and is known as kau sau. Each consists of coming back to the original starting place with a side-slashing movement while stepping back.
- The second section is lap dao.
- The third section consists of tan sau movements.
- The fourth section (gaun dao) is a block against another weapon similar to gaun sau.
- The fifth section, or Kwan do, consists of kwan sau movements, including bong sau and tan sau movements, used simultaneously. These are blocking movements against short- or long-range weapons.

Continued on page 86

If you're not using CENTURY Products, you're not using the BEST!



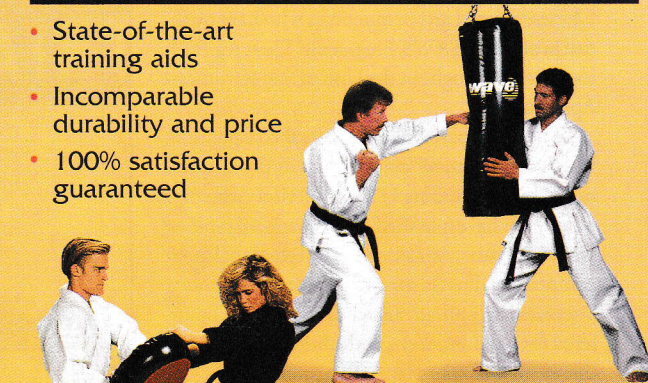
The Best Sparring Gear

- Designed by martial artists for martial artists
- The most innovative sparring gear designs
- Manufactured to rigid specifications
- Specifically designed to reduce the risk of injury



The Best Training Equipment

- State-of-the-art training aids
- Incomparable durability and price
- 100% satisfaction guaranteed



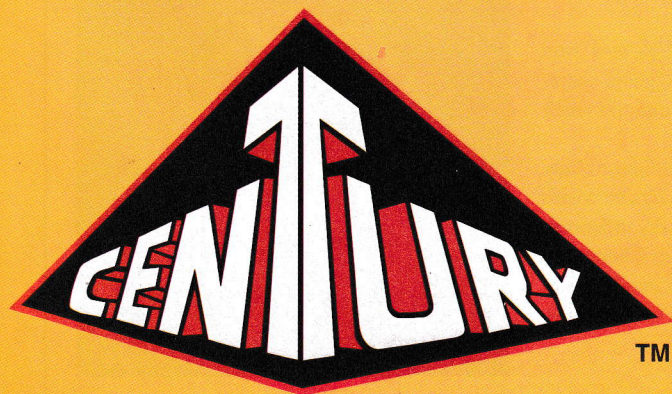
The Best Uniforms

- Highest quality and superior construction
- Wide selection of styles and colors
- Extensive size ranges
- Generous, comfortable fit
- Best value for the money



For the best quality,
price and service order
our **FREE** catalog, now!

Call Toll Free
(800) 626-2787



Century Martial Art Supply, Inc.

1705 National Blvd. Midwest City, OK 73110-7942 (405) 732-2226

Century Catalog Order Form

☐ Please send your current catalog

IKF-994

Name _____

Address _____ Phone # () _____

City _____ State _____ Country _____ Zip _____

☐ Please send my friend your current catalog

Name _____

Address _____ Phone # () _____

City _____ State _____ Country _____ Zip _____

USAWKF to Hold First National Competition and International Invitational

By Jeff Bolt

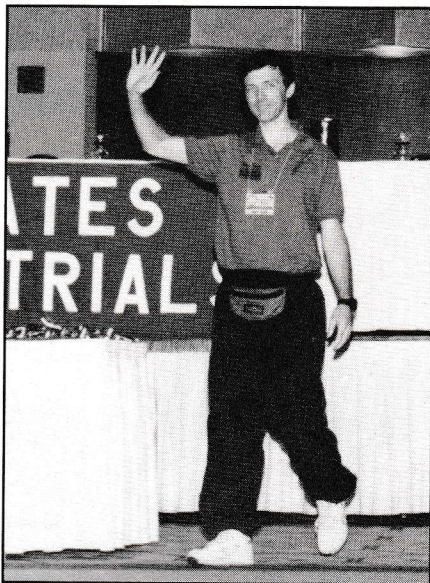
ORLANDO, Fla.—The USA Wushu Kungfu Federation will hold its first national competitions Sept. 3-5 at the luxurious Marriott's Orlando World Center near the Disney World complex here.

This event will consist of two parts. One will be the USAWKF national competitions that will determine the official rankings for the advanced Chinese martial arts competitors who have qualified in official USAWKF regionals. These regionals took place throughout the United States from last April-July.

The other part will be a general competition, which is open to all competitors in the Chinese martial arts, including U.S. competitors who may or may not have qualified for the national ranking portion of this event as well as international guest competitors. For this part of the event, beginning, intermediate and advanced divisions will be offered for children, teens and adults. Both parts of this event will take place concurrently.

The national ranking portion of the event will consist of the top five athletes for each event from each of the regional competitions. In other words, each region will send its top five traditional broadsword competitors, top five Yang style taiji form competitors, top five wushu changquan competitors, etc. In total, there are 25 different events that will determine official Top 10 national ranking. The general competition, open to all competitors, will offer these same 25 events, plus more.

All general competition competitors should register individually by sending their registration form to the address shown at the end of this article. All general competition competitors should register in advance no later than Aug. 15. The competition committee reserves the right to limit the number of competitors, so be sure to register in



Jeff Bolt

advance to ensure your spot in the competition. All national qualifier competitors who are competing for official national rankings will be registered by their USAWKF regional presidents or coordinators.

Since this is the first year for holding official regional competitions for the USAWKF, it is likely some individuals were not aware of required competitions in their region. This is bound to happen in the first year. It is, therefore, possible that some potentially high-ranking athletes will not qualify for national ranking this year. However, the beginning of the 1995 regionals are only eight months away and it is hopeful that most everyone will get the word of their next regional in plenty of time. All athletes should contact their regional representatives of the USAWKF for more

information about the 1995 regionals.

It is also possible that a region's national competition roster may not be filled. In other words, there could be less than five athletes in certain events who have been registered by the region for the national competition. This could be because of either not having enough athletes competing in those particular events or that some qualifying athletes are not available to travel to Orlando for the nationals.

In either case, openings may exist. All advanced-level athletes who have not qualified in a regional event and who would like to compete in the national event for official ranking in Orlando, should contact their USAWKF regional representatives about unfilled positions.

If an advanced level competitor wishes to compete for national ranking and there was no regional competition held in his area, then that athlete should contact the national competition headquarters in Houston, Texas, as soon as possible. It is still possible to register for the national competition if space is available.

In addition to recognizing the top individuals for each event, each region will also accumulate points according to how their athletes rank. As a result, the regions themselves will be ranked. This should help spark a regional rivalry as well as "push" each region to develop high-quality athletes within their region for future nationals. It is hoped a martial arts "map" can be developed to show where the location of the traditional forms athletes, the top wushu athletes, the top fighters, push hands competitors, and shuai chiao competitors.

The upcoming event in Orlando will also serve as a USAWKF convention where all participants can learn more about this fast-growing

Kuk Sool Won Event Attracts 500

By Jane Hallander

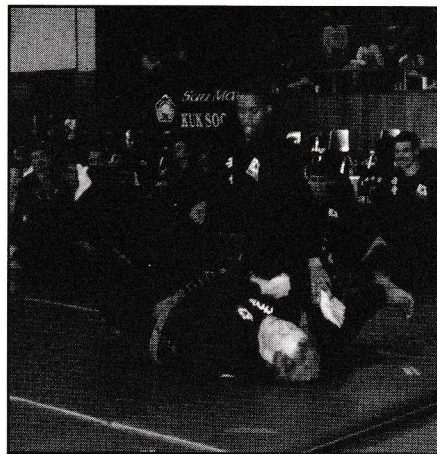
SAN FRANCISCO, Calif.—Oblivious to the fact that another tournament was being held at the same time here, kuk sool won grandmaster In Hyuk Suh greeted 500 competitors for this annual Northern California competition.

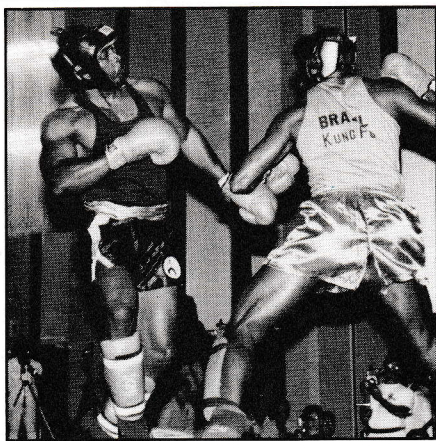
Schools from Northern and Southern California, Washington, Texas and Canada sent students to compete in forms, sparring, breaking and spontaneous self-defense divisions.

Rather than declare grand champions in

just forms or sparring, this kuk sool won tournament selected all-around grand champions from those who won top honors in their divisions.

The grand champions were: Edward Yoo, Junior Grand Champion; Fredrick Yoo, Men's First-Degree Grand Champion; Yvon Senecal, Men's Second-Degree Grand Champion; Rhonda Macleod, Women's Grand Champion; and David Hespelt, Senior Grand Champion.





organization. The facilities at Marriott's Orlando World Center will provide for an excellent event with its many restaurants, shops, sports bar, giant swimming pool and a competition area of more than 51,000 square feet. It also has its own golf course for those who wish to get in a few rounds before or after the event. All participants should reserve their hotel room as soon as possible to take advantage of staying in the same hotel as the competition site.

All participants will also be happy to know that because of the large space available, all competing events will be pre-scheduled in that each event will start at a specific time and the schedule for all events will be posted on Friday, the day before the competitions begin. In this case, everyone can make specific plans "around" their competition schedule.

Airport shuttles are available to all at a reasonable price and there are many busses which participants can take to any one of the many surrounding theme parks such as Walt Disney World's Magic Kingdom and Epcot Center. Everyone may wish to plan their travel schedule so that there will be time to visit one or more of these great vacation spots while in Orlando. Also, there are discount airfares through Continental Airlines available for this event.

1st World Taiji Training Conference Planned

BEIJING, China—The 1st World Conference on Tai Chi Training will be held here Oct. 20-25. The objective is to advance the world understanding of tai chi and qigong to popularize and promote good health, which is traditional to Chinese culture.

There will be a series of interesting events that will make your participation a rewarding experience. Highlights of the program include: plenary lectures, training courses including "internal alchemist meditation" and one set of tai chi, symposia; a tai chi trade show on health care; and many other activities.

Eight well-known tai chi masters, including a world tai chi champion and the head coach at the 11th Asian Games, will attend the conference. The conference will be followed by post-tours accompanied by tai chi masters to world-famous historical sites such as Xian (Terra-Cotta Soldiers & Horses), Shaolin Temple (the hometown of Shaolin), and Beijing (The Great Wall).

The working languages of the conference will be English, Japanese, and Chinese (simultaneous interpretations will be provided). For more information, contact Sheri Yi, 11857 Coopers Court, Reston, VA 22091; (703) 361-7478.

The USA Wushu Kungfu Federation is dedicated to promoting the Chinese martial arts and to continuously improving the quality of those arts. Several USAWKF regional organizations have already been established and all are working together to help promote our arts in a consistent and high-quality manner.

This tournament will be a prelude to a much bigger event next year, when the Chinese martial arts world will be looking at the USAWKF as it hosts the 3rd World Wushu Championships in Baltimore, Md., where more than 60 countries are expected to attend. This will be possible because of the hard work provided by president Anthony Goh and his excellent staff. In fact, a great deal of work has already been done.

This is a tremendous undertaking by such a young organization but the individuals across the country who help make up the USAWKF are not so young and inexperienced. The many individuals making up the USAWKF from the regional to the national executive board are the most professional, honest and dedicated in the world.

Everyone has a voice in how the USAWKF should operate and promote the Chinese martial arts. One should simply join the regional organization and become a part of it. It is easy to stay outside, do nothing and yet still criticize. It will take at least a few more years to complete the organization process of the USAWKF. In the meantime, however, progress continues thanks to the efforts by many individuals around the country.

To find out all you ever wanted to know about the USAWKF as well as have a great time, you won't want to miss the upcoming U.S. National Chinese Martial Arts Competitions in Orlando. Come and see or compete with the top Chinese martial arts competitors in the country as well as visit with this country's top teachers.

For more information, please contact: U.S.N.C.M.A.C., 10528 Meadowglen, Houston, TX 77042; (713) 781-4483 or (713) 781-4487 FAX.



UP MY WHAT?

UP YOUR GAS! Its the sensational, new herbal energy formula that's got America buzzing. Sure, it's an unusual name and most people have a good laugh when they hear it. But once they try it, the laughter stops. You know why? Because it works. . . and it works unbelievably well.

If you find yourself running out of gas even before your day gets started, then reach for UP YOUR GAS. We guarantee you it's one of life's unique experiences.

UP YOUR GAS is now available at GNC and select pharmacies and health food stores. If not yet available in your area, call 1-800-537-7671. 30 tablets for \$9.95 or 60 tablets for \$14.95.

You'll get a charge out of more than just the name.



FLYING PHOENIX HEAVENLY CHI-KUNG



INTERNAL POWER FROM WHITE TIGER KUNG-FU



Learn the rare Chi-Kung that empowers the all-internal White Tiger / Bok Fu Pai Kung-fu system (白虎派). The powerful and sublime FLYING PHOENIX HEAVENLY HEALING CHI MEDITATIONS (飛鳳神功) were created more than 380 years ago by the legendary Taoist master, Feng Tao Duk (馮道玄) of Ehrmei Mountain (峨嵋山) in Szechuan, China. This art is preserved by Grandmaster Doo Wai (杜偉), 6th generation grandmaster of family-inherited Bok Fu Pai (featured in cover article IKF, March 1975). Attain sublime health and martial prowess exactly as Flying Phoenix was practiced in 1644. Never before has such an authentic and powerful chi-kung method been published. Flying Phoenix Chi-Kung produces almost immediate energetic effects. This remarkable Chi-kung system utilizes breath and posture control and total relaxation to bring all the body's organic functions under the regulation of the subconscious mind. This leads to rejuvenation, radiant health, and internal healing and martial power.

Instructed by Terry Dunn, creator of the popular T'ai Chi For Health video series. Dunn's expert, step-by-step instruction is enhanced by multiple camera angles, graphic effects and the music by Lucia Hwong. Discover a new path to internal power and unlock all the gates on your path to knowledge.

ORDER FORM

Name _____
Address _____
City _____ State _____ Zip _____
Visa/ MC no. _____ exp. date _____

CHI KUNG FOR HEALTH VIDEOS

Volume 1: 7 Standing Exercises (94 Min.) \$ 49.95
Volume 2: 10 Seated Meditations (120 Min.) 49.95
Volume 3: Long Stand Meditation (66 Min.) 39.95
SPECIAL 3-Volume Set 125.00
Shipping & Handling (\$4/1st tape; \$2/each add'l)
California residents please add 8.25% sales tax

To order by VISA or MC, call (800) 777-9865, or send check or m.o. to:
INTERARTS PRODUCTIONS, 505 SO. BEVERLY DR., SUITE 1037, BEVERLY HILLS, CA 90212

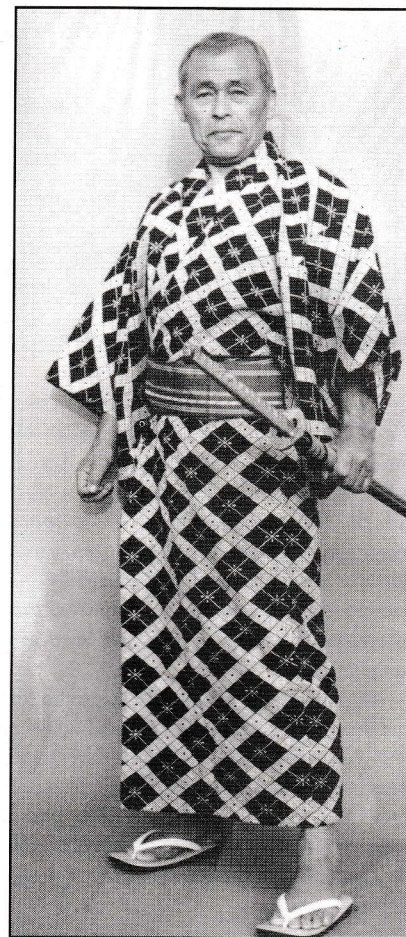
INSIDERS

Kubota to Host 7th World Cup Event

GLENDAL, Calif.— Soke Takayuki Kubota celebrates his 55th year in the martial arts by hosting the 7th Kubota World Cup Karate Championship Nov. 5-6 at Occidental College in Los Angeles.

The event, considered one of the premier martial arts tournaments in the country, could be buoyed by the presence of 39 countries, including Japan, Poland, Russia and Vietnam. For more information, contact the International Karate Association, Inc., 3301 N. Verdugo Rd., Glendale, CA 91208; (818) 541-1240 or (818) 246-0063 FAX.

Born in Kumamoto, Japan, Kubota began studying the martial arts at the age of four under the direction of his father, Denjiro Kubota. Because of his insatiable desire to learn every aspect of the arts, he trained daily, studied several different styles, and quickly distinguished himself by earning advanced black belt rankings in karate, judo, aikido, kendo, and several other arts.



Soke Takayuki Kubota

Known to his students as soke for originating the go soku ryu (hand/fast) style, Kubota began his teaching career at the age of 14 and it has flourished ever since. For the last 35 years, he has been teaching police techniques ranging from simple handcuffing to his now world-famous baton and Kubotan techniques. In his career, soke has shared his methods with the Tokyo and Los Angeles Police Departments, the California Highway Patrol, the Federal Bureau of Investigation, and many other law enforcement agencies.

Living in the U.S. since 1964 and an American citizen since 1974, Kubota devotes most of his time to teaching martial arts at his school in here, headquarters of the International Karate Association (IKA). He is the president and general instructor of the IKA, which currently has affiliate schools in 42 countries, and its tournament arm, the IKAT, a non-profit corporation dedicated to amateur athletics. He is widely regarded as an excellent instructor whose students have won countless national and international tournaments.

Kubota has written several books on the martial arts. They include the official Kubotan and T-Hold technique manuals for police use. Among his more famous works are *The Art of Karate*, *Kubotan: Instrument of Attitude Adjustment*, *Weapons Kumite*, and *Close Encounters*.

Kubota also has also found time to appear in nearly 300 feature films and television programs, as well as produce his own kata and meditation videotapes. A partial list of his film credits include, *Black Rain*, *Gung-Ho*, *Blue Thunder*, *The Killer Elite*, *The Mechanic*, and *Rising Sun*.



Master Bow Sim Mark

Mark Chronicles "Journey" To Boston Audience

BOSTON, Mass.—Tai chi master Bow Sim Mark continues to break new ground in her mission to expose American audiences to the artistic side of Chinese martial arts.

Mark, who teaches tai chi to drama students at Harvard University's American Repertory Theater, recently was featured in an Emerson College production that saw her enacting the part of Kwan Yin, the Chinese goddess of compassion. Also performing was Balinese masked dance theater expert I Nyoman Catra, a visiting scholar at Emerson.

Under the direction of Emerson performing arts professor Ron Jenkins, Mark and Catra dramatized an episode taken from the classic Chinese work "Journey to the West". This well-loved epic chronicles the misadventures of the Monkey King, from his antic and highly unauthorized attainment of immortality to his eventual conversion to Buddhism.

Mark's contribution to the production also included developing a choreography that drew on tai chi, hsing-I, and weapon techniques to advance the characterizations. Catra and his students performed the role of the Monkey King and his clan, providing the audience with a rare glimpse of the authentic Balinese monkey dance with accompanying chanting.

The cross-cultural production also featured Chao Bin Chang, a classically trained dancer from Taiwan, and Desak Made Suartilaksni, an award-winning Balinese composer and singer. The show, timed to coincide with the Asian New Year celebration, also featured a performance by the Balinese gamelan orchestra of MIT.

Encouraged by the enthusiastic reception her work has been receiving from the Boston arts community, Mark is now planning a second collaboration with Emerson College. This performance, tentatively scheduled for November, will be based on the legend known as "Wang Zhaojun goes beyond the Great Wall".

INSIDERS Continued on page 80

Awesome Flexibility!

KICK HIGH— KICK COLD— KICK BUTT!

...in under 8 minutes a day!

with
SynerStretch

Now YOU can achieve the dynamic state of total flexibility in less than 8 minutes a day, with a minimum of the pain usually associated with stretching!

Using the new **SynerStretch** video program, you'll master the secrets of super-flexibility—proven scientific techniques for maintaining and increasing flexibility faster than ever before. Learn to exploit **P.N.F.** and **Isometric Antagonist Contraction Technique**. Find out how to make any passive stretch more effective. And do it all without special equipment or a partner!

Developed by the same research team that revolutionized abdominal conditioning with **Legendary Abs** (over a quarter of a million copies sold worldwide), **SynerStretch** also reveals "power positions" that target your most difficult training goals. Throw brutal, high side kicks and axe kicks and drop into torturous full American and Chinese splits—all with complete ease!

And that's just the beginning! Discover:

- The most effective way to stretch—by yourself or with a partner
- How to escape common pitfalls that threaten your full flexibility potential
- A unique routine that radically decreases your risk of injury during grappling, joint locks, and other full-force confrontations that test the limits of forearm flexibility

NEW VIDEO!

■ The secret to being constantly flexible and ready to act in all situations—not just after a long warm-up

There are even special tips on using **SynerStretch** to boost the effectiveness of stretching machines like the Flexmaster, Super Stretch, and Power Poles! (But remember—you don't need machines to get dramatic results with **SynerStretch**.)

So if you've had trouble getting flexible before, DON'T WAIT!

SynerStretch is guaranteed to help you get loose fast and stay loose with minimum effort—be amazed with your results or you pay nothing. 59 min. VHS. Color.

Order now!

UNCONDITIONAL MONEY-BACK GUARANTEE!!!

YES! I want to achieve the dynamic state of total flexibility in less than 8 minutes a day. Rush me the **SynerStretch** video! I can return it anytime within 30 days for a full refund. So I can't lose!

Name _____

Addr _____

City _____ St _____ Zip _____

HEALTH FOR LIFE, 8033 Sunset Blvd., Suite 483, L.A., CA 90046

Enclosed: **\$39.95** (plus \$4 p/h) ☐ check ☐ m/o



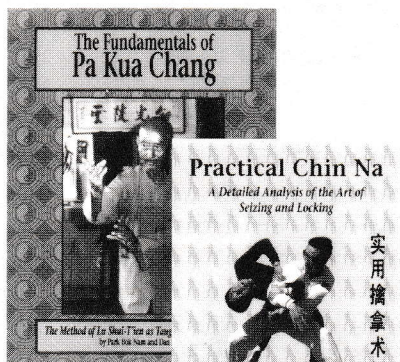
Call TOLL FREE to order
1-800-874-5339



CA residents, add 8.25% sales tax. Foreign orders (except Canada) \$12 p/h
Please pay in U.S. dollars drawn on U.S. banks.

"#1 in synergistic conditioning programs — since 1981"

IK17-09-94



Xing Yi Quan Xue The Study of Form-Mind Boxing



By Sun Lu Tang
Translated by Albert Liu
Compiled & Edited by Dan M.

Liang Zhen Pu Eight Diagram Palm



By Liang Zhen Pu
Translated by Bruce M. G.
Compiled and Edited by Bruce M. G.

The Principles of Ba Gua Zhang Fighting



with Ba Gua Zhang expert Luo De Xiu

八卦掌用法

The Principles of Ba Gua Zhang Fighting One Hour Video \$49.95

The Study of Form-Mind Boxing \$19.95, 320p., 6X9 format

Practical Chin Na \$17.95, 200p., 7X10 format

The Fundamentals of Pa Kua Chang \$19.95, 200 p., large 8X10 format Companion video tape \$49.95

Liang Zhen Pu Eight Diagram Palm \$17.95, 154p., 6X9 format

The Pa Kua Chang Journal 6 issues/year, \$20.00/year, Sample \$3.50

Shipping & Handling: \$3.50 for first item, \$1.00 each additional item. Foreign orders double S&H fee. California residents add 7.25% sales tax.

High View Publications
P.O. Box 51967
Pacific Grove, CA 93950
Phone: (408) 655-2990
FAX: (408) 655-4984



Write for our FREE Catalog

The Buddha's Palm

When we say internal martial arts, many automatically think of tai chi, hsing-I or paqua. However, internal training exists in many other Chinese martial arts. Choy li fut, for instance, contains the 18 Buddha form and another unique form—Buddha palm (fut jeung in Cantonese).

Buddha palm represents choy li fut's sudden, penetrating internal power side. In the mid-1800s choy li fut's founder, Chan Hueng, included teachings of a Shaolin temple monk named Choy Fook in certain choy li fut forms. Fook's specialty was fut jeung or Buddha's palm—the internal martial art of the Shaolin temple. His techniques consisted of pressing, jointlocking, chopping, grabbing and pulling actions. Choy Fook was the main reason choy li fut contains many open-hand fighting techniques.

Shaolin monks preferred palm strikes because they suited the Buddhist philosophy of non-violence. While palm strikes can be as deadly as punches, they can also be more easily controlled—letting martial artists push opponents away if they choose not to injure them.

External martial arts are geared toward physically conditioning muscle, bone and tendons. These arts are usually practiced at full speed, with power characterized by a sharp expulsion of force. The resulting power comes from the combination of body mass and momentum thrown at the opponent.

Internal styles develop the body internally by increasing the flow of qi (chi) through the body and out into an opponent in the form of penetrating open-hand blows. Internal martial arts use no force against force. Whenever necessary to tense the striking areas during a technique, muscles will not tire as easily as those who know only external power. The movements and techniques of internal practitioners are natural and effortless, as they use their qi to add energy and strength to external techniques.

The internal power from Buddha palm is similar to a snake's energy. Snakes move with

relaxed, smooth actions, appearing to be soft and yielding. However, if you try to grab a snake, it shows its relaxed strength by resisting your efforts with surprising power.

Buddha palm uses the concept of yin and yang. Yin is represented by soft, slow movements, while yang comes out as hard, fast power. Many ancient stories of internal strength tell of hard carrying soft and soft carrying hard. This is a description of the blending of internal and external strength to produce penetrating power.

Although expressed in quick, powerful movements, yang energy is as internal as the slower yin force. It is like a garden hose that is soft and flexible until water pressure causes the water's force to become hard. Qi is the internal pressure that hardens yang power.

Buddha palm is practiced with both slow, soft techniques and fast, hard techniques. Many people see only the soft side of Buddha palm, missing the powerful yang side, with its outward expression of qi power built up through Buddha palm's circular open-hand techniques.

There are four types of yang power (ging) in Buddha palm. One is sut ging (hard power). This is a sudden, explosive power. Someone struck with sut ging will be knocked across the room.

Next is jun ging (shaking power). If grabbed or pushed, a Buddha palm stylist uses his power to bounce the assailant out of range. Tan ging (springy force) doesn't necessarily move the opponent when he is hit. However, their ribs may crack and they may suffer internal injuries.

Finally comes chun ging (coiling power). The softest of Buddha palm's forces, chun ging allows defenders to redirect the opponent's power and turn it against him. Chun ging is seen often in jointlocking techniques.

A well-rounded training form, Buddha palm consists of approximately 80 movements, 90 percent of which are open-hand techniques. The remaining ten percent are fist strikes. Since beginners usually have little concept of relaxed power and may injure their fingers if they hit something with an open-hand technique, Buddha palm is best suited for advanced martial artists. Advanced

Doc-Fai Wong is a contributing editor of Inside Kung-Fu.

Continued on page 82

SECRETS OF THE ORIENT

MARTIAL ARTS SERIES

Secrets of the Orient martial arts series provides expert instruction through the use of slow motion, split screen and various camera angles along with a running commentary pointing out the most important points of each of the techniques. These videos have been acclaimed throughout the world as outstanding instructional tapes and are ideal for anyone looking to increase his knowledge of these arts.



MARTIAL ARTS SERIES
Since 1984

NORTHERN SHAOLIN SERIES

Out of the mist shrouded Shaolin Temple has come the most famous style of oriental martial arts known to the world. Famed for its lightening quick hand techniques and devastating kicks this style is taught by world famous martial artist Kwong Wing Lam, a direct descendant in a long line of martial artist masters from the Temple. Each of the ten famous forms of Northern Shaolin is demonstrated on an individual tape.

SL #1 Koy Moon	SL #6 Tun Da
SL #2 Leng Low	SL #7 Moi Fah
SL #3 Jou Mah	SL #8 Boi Bo
SL #4 Chum Sam	SL #9 Lien Wan
SL #5 Mo I	SL #10 Sik Fot

HUNG GAR SERIES

This renowned system of Southern China is spectacularly taught by Master Lam with the classic forms of this powerful style. Each form is shown on an individual tape with application demonstrated for the empty hand forms.

HG1 Gung Gee	HG5 5 Animals- 5 Elements
Fook Fu Kuen	HG6 Iron Thread Set
HG2 Lau Gar Fist Set	HG7 Butterfly Swords
HG3 Tiger-Crane Form	HG8 Monkey Stick Set
HG4 Tiger-Crane	Two Man Sparring

Catalog of Other Titles Available

ONLY \$39.95 EACH TAPE! / Any 2 for \$75.00 / Any 3 for \$100.00

VISA/MC ORDERS CALL (419) 891-2125 • Add \$5.00 Handling • Ohio Res. Add 6.25%

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Country: _____ Phone: _____

Make Check / Money Order Payable to:

WTN KUNG-FU PRODUCTIONS, P.O. Box 443, Maumee, Ohio 43537

Indicate VHS/BETA

Fortify your center of power! BUILD LEGENDARY ABS.

What makes legendary abs? Beyond sit-ups (they just don't work), and 45-minute Roman Chair workouts (they're just too long), now there is a way. *Synergism*. A method where the whole is greater than the parts. Done exactly as specified, the **LEGENDARY ABS II**™ program will cut up your abs so fast you won't believe it. You'll see amazing results in just two weeks—guaranteed! And it takes only 6 minutes per day, even at advanced levels!

Developed by a doctor, a chiropractor, an exercise physiologist, and an expert in biomechanics, **LEGENDARY ABS II** has

now been used by half a million beginning and advanced martial artists, wrestlers, gymnasts, and bodybuilders. No, it's not isometrics or some other supposed short-cut. It's just good science applied to conditioning. *It works*. Only \$16.95. A complete illustrated course.

Imagine the power! No, don't imagine. Try us for a month. Be amazed or HFL will refund every penny.

To order, call TOLL FREE
1-800-874-5339

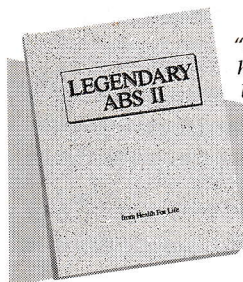
(Ask about our 3-course discount!)

"I've worked with Legendary Abs now for three months with amazing results! I've tried every other routine known to man with nothing more than a backache, thanks to Army, Airborne, etc. training. Your technique really works, and quickly too!"

—Danny Garret
Silver Spring, MD

"In less than two weeks I have these two rock hard bands in my torso...I did it for contact karate, and my abilities are unquestionably improved."

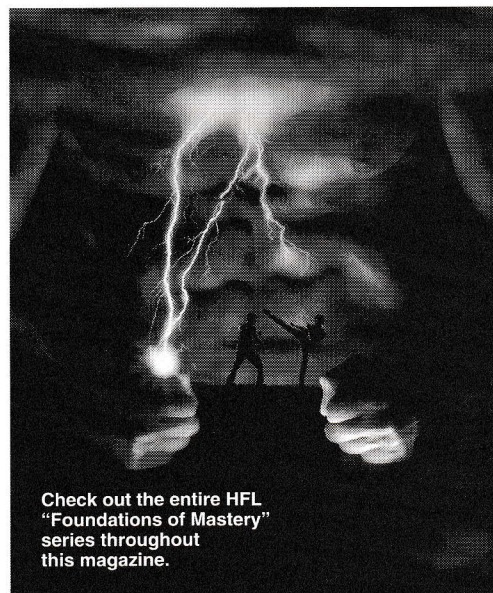
—Andy Lubinski,
Fair Lawn, NJ



HEALTH FOR LIFE SYNERGISTIC SERIES
FOUNDATIONS OF MARTIAL ARTS MASTERY

#1

ABDOMINAL CONDITIONING



Check out the entire HFL
"Foundations of Mastery"
series throughout
this magazine.

UNCONDITIONAL MONEY-BACK GUARANTEE!!!

IK31-09-94

YES! I want legendary abdominal power. Rush me my copy of **LEGENDARY ABS II**™. I understand I can return it anytime for a full refund.

Enclosed: **\$16.95** (plus \$3 p/h)

☐ check ☐ m/o

Call TOLL FREE to order

1-800-874-5339



Name _____
Addr _____
City _____ St _____ Zip _____

HEALTH FOR LIFE, 8033 Sunset Blvd., Suite 483, L.A., CA 90046

CA residents, add 8.25% sales tax. Foreign orders (except Canada) \$12 p/h
Please pay in U.S. dollars drawn on U.S. banks.

"#1 in synergistic conditioning programs—since 1981"

**ORIGINAL SHAOLIN TEMPLE
HERBAL FORMULAS**

**BUILD INCREDIBLE STAMINA
POWER • ENERGY • FOCUS**

**TRAIN WITH PRODUCTS THAT
PRODUCE REAL RESULTS**

Used by Olympic Martial Artists
Professional Athletes, World Champions

SEND \$2. FOR DETAILED INFORMATION - OR
\$45. FOR A COMPLETE INTRODUCTORY PACK

Mail Cashier's Check or Money order to:
Chinese Herbs, 1119 MADISON AVE.
SAN DIEGO, CA 92116
All Products Money Back Guaranteed



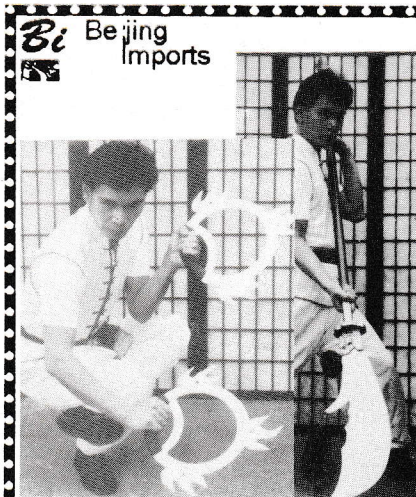
FREE POSTER

OFFER ENCLOSED IN CATALOG

GALA ENTERPRISES

P.O. BOX 1022 McMinnville, OR 97128

SEND \$2.00 FOR OUR FULLY ILLUSTRATED CATALOG



Martial Arts Information Center

Kwan & Wind *SALE* (S+H) - Same price for
Dragon Head Kwan Doa \$150 (16)-2pc
7'3", 7 lb
Wind & Fire Wheels \$79 (7)
15", 4.5 lb ea
Buy both items for \$148 a **saving of 35%**
UPS shipping for both items \$17
Sales expires after 6 months of cover date
Mail Order: Send Money Order or Check -
Payable to Beijing Imports w/ Name, Address,
Phone # and Signature. Check take 7-10 days
to clear. For catalogue send 2 stamps. S+H
are UPS Ground w/in 48 contiguous States.
Order by mail only, no credit card or cod
Mail to: 9111 Jackwood st Houston Tx 77036-7333
713-771-8828, Fax 270-8808, M-F 11am-5pm CST

THE KUNG-FU MIND

Dr. Yang Jwing-Ming

Attack Timing

Timing is probably the most important factor in determining the outcome of a fight. Even if your techniques are otherwise flawless, you will never be victorious if they are not correctly timed. You can learn all the good techniques from your sequences and know all of their applications, but if you do not practice pushing hands, matching sets and free sparring, you will never be able to use your techniques in a real fight.

To train timing, you must build your natural reactions beyond what you think is possible. If you develop your natural reactions, you will gradually build up a natural understanding of attack and defense timing as you accumulate experience. This month's column will discuss and analyze such timing.

Generally speaking, when your enemy intends to attack, he first generates an attacking yi. His chi is also generated at this time, but it does not yet show in his postures. A high-level martial artist can sense his opponent's intention through his facial expression, body posture or even by directly sensing his chi. When the opponent's yi has grown sufficiently, his jing (chi-infused muscular strength) will then begin to show. When his yi reaches its maximum, the jing is still growing; when his jing reaches its maximum, the yi has usually begun to withdraw, which causes the jing to stop and then also start to withdraw. Remember, the yi comes first, then the chi. This chi then supports the jing so that it can reach its maximum. Before jing reaches its maximum, the yi has already been there, and when jing reaches its maximum, the yi is withdrawing.

Development of your chi helps you support your jing as you express it through your posture. Therefore, when you sense your enemy's chi, it means that his yi is forming, and his chi is not yet strong enough to support jing. If you attack just when you sense his intention and chi, you can disturb the forming of his yi and chi and put him into a passive, disadvantageous situation. It takes a great deal of experience to sense the opponent's

intention. This is one of the timings used for "cold jing" (leenz jing). This is the best among the best timings for attacking the enemy.

When your opponent's yi is about complete, his chi has been generated and is ready to support jing if you take time to interrupt his yi and stop his jing. The jing he generated will bounce back to him. Since his yi is almost complete, it is totally concentrated on attacking, and he will not be able to instantly stop his attacking yi and withdraw his chi and jing. His jing will therefore bounce back and disrupt his own balance and root. This is the first timing of "borrowing jing".

When your opponent's jing has reached its maximum, his attacking yi will be weakening. At this time his jing is at its strongest. If you can borrow his jing at this instant, you will be able to bounce him away. This type of borrowing jing is much more difficult to master than the last type, since your timing has brought you to the actual point of jing's emission. Otherwise, when your opponent's yi is complete and his jing is emitted, you block or avoid his attack first, and then counterattack. Most martial artists can accomplish this type of timing.

When your opponent's attacking yi ends, and his yi is about to withdraw, you should take this opportunity and attack in along his extended limb before he withdraws it. When his yi is about to withdraw, his defensive capability is weak, and vital areas are exposed because his arm is extended. If you take this moment to attack just as he is starting to withdraw, you will certainly get him unless he is very skilled in sticking hands.

As you can see, timing is important both offensively and defensively. The tactical advantages of correct timing must be trained ceaselessly to build up your sense of it until it becomes instinctual.

Furthermore, by studying and practicing attack timing, you can learn important aspects of strategy much more concretely than if you studied them from a book. A martial artist must take his knowledge from as many sources as possible, and should vary his training while still focusing on the core principles of his style.

Dr. Yang Jwing-Ming is a contributing editor of Inside Kung-Fu.

IKF

GREEN DRAGON STUDIO

Features Award Winning Kung-Fu Fighting Forms & Power Building Sets on Instructional Video!!

Under the auspices of Master Gene L. Chicoine, 9th Deg., Pres. of the Int'l. Shuai Chiao Asso., Sifu John R. Allen, 7th Deg., of Ohio's celebrated Green Dragon Studio is offering to kung-fu students at all levels the opportunity to learn the ultimate in authentic Chinese fighting forms &

strength development programs on instructional videotape.

ALL VIDEOTAPES

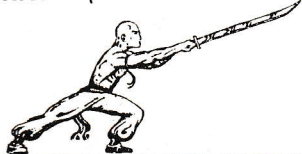
- ♦ Demonstrate the teaching in segments, exactly as it would be done face to face in the Studio.
- ♦ Include a complete program of combat applications for illustration and practical use.
- ♦ All VHS format.

The following forms are a **very small sample**

of kung-fu knowledge now available to you & are suggested as introductory only:**

Suggested Forms at the Beginner's Level:

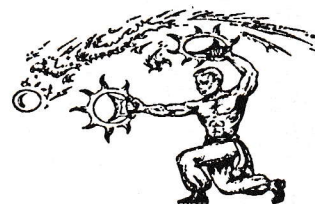
1. Fundamentals of Empty Hand Fighting
2. Small Fire Dragon (for technique)
3. Nine Power Development Exercises
4. Bei Shaolin Ch'uan (Honon Shaolin)
5. Hok Kuen (S. White Crane-Outstanding)



Just **\$39.95**
each form

Suggested Forms at the Intermediate Level:

1. Tang Lang Peng Pu Ch'uan (Explosive!)
2. Bok Mei Hu Ch'uan (Wh. Eyebrow Tiger Hand - excellent techniques)
3. Hong Long Tan Tao - (Saber Set -- N. Shaolin - challenging)
4. White Lotus Knife (Fast!!)
5. Fundamentals of Baton



Suggested Forms at the Advanced Level:

1. Shao Fu Yin (Shantung Shaolin-dynamic)
2. Bei Yuan Chu Tung - (White Ape Comes out of Cave- includes groundrolling)
3. Din Dah Kuen - (Tams style-demanding)
4. Teet Lo Han Chin Ch'uan (For strength)
5. Warrior's 3/4 Staff (Highly Complex, A Premier Set)
6. Tri-Sectional Staff - ("100 Strikes, 100 Hits" - versatile & effective!)

ALSO AVAILABLE:

Complete Exercise Programs for the Genuine **IRON VEST** (internal) and **STONE WARRIOR** (comb. int./ext.) Strength and Power development sets. Send for brochure and price.

**Eventually 300 major forms and programs, both internal & external, will be available on videotape. In keeping with our confidence that you will find these tapes to be the finest of their kind in regard to variety, content, and presentation, Green Dragon will include:

FREE with each first time order:

20 minutes of action, demonstrating portions out of 60 major fighting sets representing 17 different Chinese styles 13 different weapons; 2-man combat forms; and rare power development programs.

AND

FREE 22-page Descriptive Brochure listing & Describing in detail over 100 select forms that are already being offered (you may request just the brochure by mail - no purchase necessary). NOTE: Brochures to foreign countries require \$5.00 to cover postage & handling costs or requests will not be answered.

REAL WEAPONS

Custom-made on an individual basis by special arrangement with Green Dragon Metalsmiths. Inquire!

Have you received our 22-page brochure? ☐ yes ☐ no

Note: -Make Check or Money Order Payable to:

SIFU JOHN R. ALLEN
c/o GREEN DRAGON STUDIO
P.O. Box 1601
Stow, OH 44224



Name ☐ Mr. ☐ Ms. ☐ Inst. ☐

Address _____

City _____ State _____

ZIP _____ Phone _____

1. _____

2. _____

Alternate: _____

Shipping/Handling/each 2 tapes: \$4.00

Ohio Residents Add 6 % Sales Tax:

NOTE: All foreign orders must be able to accept U.S. NTSC format on their VCR's & TV's. Tapes are NOT available in PAL format. Allow 6-8 wks. Delivery

TOTAL: _____

COMING IN OCTOBER

On Your Newsstands August 30th...

It's Time For Jean-Claude!

VD's latest flick, *Time Cop*, is set for a mid-September release and *Inside Kung-Fu* will provide the industry's most in-depth coverage.

Martial Arts and the Law

As a citizen, you have a right to defend yourself. But as a martial artist, you'd better also know how far you can go. *By Phillip Holder*

The Weapons of San Soo

Most only think of kung-fu san soo as an empty-hands fighting art. But the style made famous by Jimmy H. Woo has a potent weapons arsenal. *By Anthony Pollard*



Jeet Kune Do

Concepts

New Jersey's Only Certified Center for Jeet Kune Do concepts under Sifu Dan Inosanto. This is the real thing! Don't be taken in by false claims.

These arts are taught at Princeton Academy:

- Jun Fan Gung Fu
- Filipino Kali-Eskrima
- Indonesian Pentjak Silat
- Thai Boxing (Muay Thai)
- Boxing • Grappling Arts
- Boxe Francaise Savate

The premiere 7000 sq ft fully equipped martial arts training center.

Private & Group Classes, Seminars, Video Tapes, Equipment

Rick Tucci, Director, 21 years experience

Certified by Sifu Dan Inosanto, Pendekar Paul de Thouars, Master Chai Sirisute, Guru Edgar Sulite, Sifu Larry Hartsell, Professor Salem Assli and other top instructors.

Princeton Academy of Martial Arts

Call or write for brochure:

14 Farber Road, Princeton, NJ 08540

609/452-2208

INTERNAL POWER



Internal strength is your key to higher levels in martial arts.

Our free, 32-page catalog offers you over 250 quality, internal martial arts videos and books by authentic experts on T'ai Chi Ch'uan, Pa Kua, Hsing-I and Qigong.

If you practice any martial art, you benefit by increasing your internal power.

Service and Quality since 1981

Wayfarer Publications

PO Box 26156

Los Angeles

CA 90026

1 800 888-9119



BURT OFFERINGS

Burton Richardson

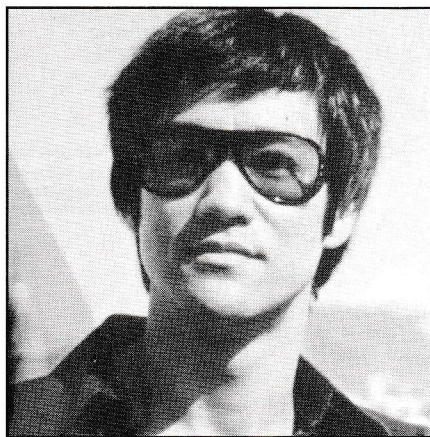
Furthering Tradition

If there is one thing that really bothers a martial arts "traditionalist", it is the person who plays with the art and tries to improve upon it. Many practitioners are taught to revere the founder of their particular style to the point that the founder takes on the aura of an all-knowing saint.

It follows that for a mere mortal to attempt to improve upon the sacred style is nothing short of blasphemy. While many of Bruce Lee's followers use this mode of thinking, those who have researched and understood Bruce Lee's jeet kune do

instinctually knows how to fight, but probably not too efficiently.

A reason that you signed up at a martial arts school was not to learn how to fight, but how to fight better. You should use this same attitude to improve your present skill level. Learn to fight more efficiently from someone who can help you. I have done this throughout my martial arts career and I will continue to do it. Instructors are often afraid of "looking bad" in an unfamiliar range after they have gotten used to "looking good" all the time. Don't let pride get in the way of your growth in the arts. Just remember, there is no shame in improving.



Experimentation

Experimentation is a fun way to improve your art. It is very gratifying to play with the variables and find techniques and counters that are new to you. Just be sure to realize that the techniques that you found have been there all the time. You have actually "rediscovered" them for yourself. Those moves have been there all along and you just happened to take the correct path that led you to them. Just as it is easy to let pride keep you from training in an unfamiliar system, don't get a big head just because you found a few techniques that are probably the basics of some other style.

A good way to experiment is to take a technique that you are familiar with and analyze it. Then, change some of the variables and see what you come up with. Some of the new techniques will be good, and many of them will be improbable. Every good one is well worth the time it takes to find them.

For example, say you are countering a right punch by parrying with your left hand on the outside of your opponent's forearm while your right punch goes over his arm to hit the face (pak sao in wing chun). You can change the technique in many ways. If you can parry on the outside, you can parry on the inside. If you punch over the arm, you can punch under the arm. If you can counter a right punch, you can counter a left punch, or a kick, or an elbow, or knee. If you can hit the face, you can hit the biceps, solar plexus, throat, etc. You can use this experimental method on any technique that you know to find others that are new to you.

Observation

Observation entails watching others working out to see what techniques they use or the way they train. Sometimes it even occurs by noticing how you flow in certain situations. When you are

Continued on page 100

concept adhere to the opposite philosophy.

One of the ideas that sifu Dan Inosanto has instilled in me and his other students is to constantly improve ourselves while constantly improving the art as well. We improve our skills through practice. We improve the art through research, experimentation, observation, and visualization. We recognize that the individual artist is more important than any set system or style.

The student of the art is, therefore, encouraged to explore and find new ways of training and fighting. We instructors must also be careful to teach the student to pass that concept on to their students if they one day begin to teach. It is a radical change for some to think this way, especially if they have been taught that changing or researching other arts is the same as being disloyal to the art. For those, who are interested in improving, I'll give you a few ideas on proceeding.

Research

This is the easiest way to improve your art. If you feel deficient in a particular area of martial arts, go to someone who is an expert and learn from them! It is really quite simple. And the fact is that you have already used this idea. Everyone

Burton Richardson is a contributing editor of Inside Kung-Fu.

◆ OUR GUARANTEE ◆

All books from BUTOKUKAI are the absolute finest available. If for any reason you are not satisfied with your purchase, simply return in resalable condition within 10 days of receipt for exchange or cash refund. No questions asked.

BUTOKUKAI

Guaranteed Quality Products Since 1983

P. O. Box 430 · Cornville, Arizona 86325

BUTOKUKAI OFFERS THE ONLY COMPLETE WEAPONS TRAINING COURSES AVAILABLE. EACH COURSE COMES WITH A COMPLETE HOME STUDY MANUAL AND FREE NINJA TRAINING WEAPONS. WHATEVER STYLE OF MARTIAL ARTS YOU PRACTICE, THESE COURSES WILL PROVE INVALUABLE FOR YOUR FURTHER ENJOYMENT OF THE ART.

FREE NINJA WEAPONS! ◆ FREE NINJA WEAPONS! ◆ FREE NINJA WEAPONS! ◆ FREE NINJA WEAPONS!

NINJA COURSE

• FREE 4" LONG NINJA CHEN •

A proven instant self-defense system that will guarantee your ability to defend yourself against aggressors without going through years of formal martial arts training. In addition to the book *Ninja-Instant Wipeout!* you will receive two 4" long Ninja Chens. With the Chen concealed upon your person no street, dark alley, subway, bus or inside your home attack should put you at a disadvantage. The Chen, except in Canada, is a perfectly LEGAL weapon.

NC2 (Not Sold In Canada) ... \$11.95



NINJA NUNCHAKU COURSE

• FREE FOAM PRACTICE NUNCHAKU •

Learn how the Ninja use the Nunchaku with the most effective techniques ever revealed. From basic maneuvers to advanced, you will learn with accuracy the safe effective use of the Nunchaku. Blocking, striking and self-defense techniques are covered in the completely illustrated manual. Along with the manual, *Nunchaku Training Methods of the Ninja*, you will receive a pair of shock absorbing foam padded practice Nunchaku.

NNUN (Not Sold In Canada) ... \$11.95



NINJA KNIFE THROWING COURSE

• FREE THROWING KNIFE •

The Ninja Knife Throwing Manual presents throwing as used in actual combat, the only modern authoritative text on Ninja knife throwing which exists today. Train safely with live opponents. Every facet of knife throwing is covered from the selection of throwing knives to carrying and concealment. Combat tactics, exploding, poisoning, flaming, and blinding dust knives—everything that a modern Ninja needs to learn about knife throwing in this well illustrated, easy to follow manual.

NKTC-2 (Not Sold In Canada) ... \$11.95



NINJA SHURIKEN COURSE

• FREE -- 2 RUBBER NINJA SHURIKEN •

Information is authentic and accurate, taken from the teachings of the Ninja past/present. You will receive a copy of *Throwing the Ninja Star of Death*, along with two specially designed soft Ninja stars. Learn the deadly art of Shuriken-jitsu from the Ninja, masters of weapons, espionage, and assassination. Instructions for manufacturing Shuriken and special Ninja training target. Throwing and hand-to-hand combat techniques are presented.

SC-2 (Not Sold In Canada) ... \$11.95



NINJA POWER OF THE MIND

Disclosed for the first time are actual training methods for tapping the mystical forces within. Breathing techniques, meditation and Kuji-kiri hand symbols are covered in text, diagrams and photographs. A trained Ninja mind can learn to control animals, endure pain, turn invisible, read minds and stun or injure opponents with a touch, shout or even a look. 5-1/2 x 8-1/2, softcover, illus., 50 pgs. B104 \$9.95



DEADLY WEAPONS OF THE KOGA NINJA

The Ninja have been weapons masters for centuries. Learn from the Ninja of the modern day how to master every form of Ninja weaponry, past and present, from swords to firearms. Ninja techniques strategies and tricks never before revealed are disclosed by Toshitora Yamashiro, Grandmaster of the true Ninja clans of Japan. 5-1/2 x 8-1/2, 50 pages. B-100 \$9.95



SECRET GUIDE TO MAKING NINJA WEAPONS

Learn the skill and secrets necessary to manufacture any Ninja weapon from Toshitora Yamashiro, Grandmaster of the Nine Shadows of the Koga Ninja. Quality drawings and step-by-step instructions using hand tools and hardware store materials make it possible for Ninjas to make their own swords, knives, Shoge, Nunchaku, Shuriken, and blowguns. 8-1/2 x 11, 50 pages. B-102 \$9.95



RANGER TRAINING

Official training manual for the U.S. Army's Rangers. Covers operations against guerilla action, night operations, raids, patrolling, ambush and roadblock techniques, cliff assault techniques, intelligence, physical conditioning, tactical training, demo, mines, boobytraps, ropes and knots and a history of the Rangers. 4 x 7, 227 pages. B-111 \$10.95

Dirty Fighting



DIRTY FIGHTING

Unlike formal self defense that you've learned, *Dirty Fighting* works. You don't have to waste a lot of time training. It requires less strength than a structured self defense system. It teaches you to defend yourself by attacking your opponent using deception and surprise, accompanied by a handful of highly effective and unconventional fighting techniques. 5-1/2 x 8-1/2, softcover, illustrated, 128 pages. 071 \$11.95

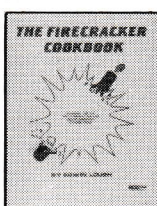


GUIDE TO VIET CONG BOOBYTRAPS & EXPLOSIVE DEVICES

A concise volume that describes and illustrates nearly 50 different Viet Cong boobytraps and explosive devices. Grenades, mines, demolitions, fuses and firing devices, miscellaneous and improvised items, plus emergency handling guidance for explosive devices (detection, outdoor search and disarming methods). 5-1/2 x 8-1/2, 97 pages. B-108 \$9.95

THE FIRECRACKER COOKBOOK

A well written guide on how to safely make homemade fireworks, including M-80's, cherry bombs, delayed ignition devices, rocket aerial bombs, and how to make your own flashlight torpedoes (these explode with a flash and bang when thrown on a hard surface). Simple detailed instructions. ORDER NOW. 8-1/2 x 11, softcover, 40 pages. B-107 \$9.95



ADVANCED HOMEMADE FIREWORKS

Learn to safely make fireworks at home that really work. Covered in detail is how to make skyrockets, pinwheels, roman candles, aerial bomb shells, fountains, cherry bombs and M-80's. Complete explanation of each chemical and its use makes the manufacture of homemade fireworks easy for even the novice. 5-1/2 x 8-1/2, softcover, 85 pages. B-103 \$9.95



IMPROVED NINJA SMOKE DEVICES

This book explains in explicit detail the fine art of Yogen (Ninja chemistry). Learn the simple procedures for making smoke devices form readily available supplies. Sections tell how to evade the enemy and vanish into an exploding smoke cloud. This manual is step-by-step and fully illustrated. 8-1/2 x 11, 30 pages. B-101 \$9.95



BRASS KNUCKLES

BRK \$14.95 ea.

ALUMINUM KNUCKLES

ALK \$9.95 ea.

PLASTIC KNUCKLES

PLK \$7.95 ea.



FINEST QUALITY PAPER WEIGHTS

(Must Be 18 to Order)

PEPPER GAS SELF DEFENSE SPRAY KEY CHAIN

• Safe and Effective

• Works on drunks, psychos, drug abusers, dogs & vicious animals

• Extremely Reliable

• 11% O.C.

• Effects last up to 45 minutes

• No Accidental Discharge
1/2 oz. -- 15 One Second Shots

PEPPER SPRAY \$10.95



BUTOKUKAI ♦ P.O. Box 430, Dept. IKF 7/94, Cornville, AZ 86325

NAME

ADDRESS

CITY

STATE

ZIP

CREDIT CARD #

EXP. DATE

SIGNATURE

FREE 32 PAGE CATALOG!

FAX (602) 634-1203
WE ACCEPT VISA,
MASTERCARD,
CHECKS, MONEY
ORDERS ONLY.
QUESTIONS
(602) 634-6280

QTY	STOCK #	AMT. U.S. FUNDS ONLY
AZ RES. ADD 5% TAX		
CREDIT CARD ORDERS ONLY		S&H 4.00
1-800-747-6280		
TOLL-FREE 24 HRS.		
		TOTAL \$



EAST MEETS WEST
International Inc.



**HERBAL
CHI PLUS**

Burn Fat

Increase Stamina

HERBAL CHI PLUS was developed by Chinese and American herbalists to create a powerful and synergistic formula with a combination of 20 Herbs, Antioxidants, and Fat Burners. Three tablets daily will help you burn Body Fat, Increase reaction time, Relieve Pain, and Balance our Bodys Vital Energy (CHI).

If you take your training seriously and want to reach the highest Physical and Mental condition possible, ORDER TODAY!! This is not a Gimmick but a centuries old proven way to good health.

OUR MONEY BACK GUARANTEE!!
Try HERBAL CHI PLUS for 14 days, if you do not feel more energetic, an increase in stamina, and more fluid movements. Return the unused portion for a full refund. No questions asked. Order now!

30 day Supply
Send \$24.95 (CK/MO) plus \$4.00 (S/H)
Illinois residents add 7.75% sales tax

To: East Meets West International Inc.
4621 W LAKE AVE
GLENVIEW, IL 60025-1409

Orders shipped same day as received
School Distributorships available
Call for info (708) 297-0101

HOP GAR SEMINARS

Featuring...

World Renowned

Hereditary Grand Master Ku Chi Wai

Sponsored by:

The International Hop Gar Kung Fu Association

For information on how to schedule your seminar with Grand Master Ku, or join the Association, call 404-394-5425 or write:

**5400 Chamblee Dunwoody Rd.,
Dunwoody, GA 30338**



**JOIN THE INTERNATIONAL HOP GAR
KUNG FU ASSOCIATION! SEND \$40.00
AND RECEIVE THE FOLLOWING:**

- Associate, Student, Disciple or Sifu Membership Certificate
- Discounts on videos
- Discounts on seminars
- Association Newsletter
- Updates on upcoming Seminars
- Hop Gar Association patch
- Instructor Certification Programs Info
- Hop Gar Lineage Chart

MARTIAL ARTS IN MOVIES

Ric Meyers

Jet Rises Above Cast

Jackie Chan may have made a splash in *Drunken Master II*, but no one is going to mistake him for Huang Fei-hung, even though that's who is supposed to be playing. And, despite what Tsui Hark does with the greatly anticipated *Once Upon a Time in China V* (which involves the character in the Boxer Rebellion), the man modern audiences will always identify in the role is Jet Lee (aka Lin Lei Ji).

Ever since this real-life martial arts champion took on the role of China's most venerable Confucian hero, he has grown as both a star and actor. He certainly knew what it was like to be idolized—he had been Mainland China's answer to Shirley Temple and Macauley Culkin put together after he displayed remarkable kung-fu skills from a young age.

He became a beloved movie star in the three Mainland Shaolin Temple movies, but it wasn't until he assumed the mantle of Huang Fei-hung that his superstardom was assured.

Then the riff came between him and producer/director Hark, after which Jet set out to disprove Hark's assertion: "Without me, you're nothing!" Things have not been going well with Hark since. *Once Upon a Time in China*, with Jet's replacement, was a box-office failure. Hark's *Green Snake* was an outright disaster.

Meanwhile, Jet's career has consolidated and even risen. He certainly isn't at a loss for roles. After a final stab at Huang in *The Last Hero in China* (wherein only Jet didn't suffer from director Wang Jing's goofy approach), he embarked on a series of hits, including *Fong Sai-yuk* and *The Tai-chi Master*. As a new Jet Lee movie came out with each season, it even seemed as if Jet was purposely setting out to play every great martial arts character in Hong Kong cinema history.

The two latest examples of Jet's charisma are special for more than just his presense. The first also features the welcome return of Sammo Hung, who had been taking a sabbatical in New Jersey, of all places. Now he's back making movies in

HK, and, if this phantasmagorical is any evidence, he's invigorated and refreshed. In this, he plays a 100 year-old tai chi master, who takes the wounded, ill Jet under his wing until a demented chef teaches the persecuted young man a mythical form of kung-fu.

This satiric effort is marred by too many special effects and too few authentic martial arts—the height of which comes when Jet learns a whole new style in six hours, instead of the 30 years it was supposed to take. But it leaves you smiling when Jet takes on the trio of villains with extremely effective tai chi that he learns from Sammo, who shouts directions from the sidelines. Yup, it's that kind of movie, all right, and a sequel is already promised.

Following that, Jet got to play Huang Fei-hung's Shaolin Temple brother Hung See-kwan, but in a way that veteran HK audiences had never seen. This is Hung See-kwan Meets Shogun Assassin. Or, in more authentic terms, Hung See-kwan Meets Lone Wolf and Cub. Or even Baby Cart Hung See-kwan. In fact, Hung See-kwan hides his trademark spear in his young son's wooden babywalker in this film's action-packed opening.

Then, the homage being made, the baby cart is pointedly destroyed and off we go on a very entertaining, occasionally loopy effort that teams Jet with an extremely attractive adversary/love interest, and an extremely capable, extremely likeable, 9-year-old son. Even though the baby cart is destroyed, the filmmakers fashion a Chinese "Lone Wolf and Cub" movie anyway, only this cub doesn't just watch his dad slaughter his enemies, he jumps in and helps with consummate kung-fu.

The only problem with this charming, exciting effort is that they create an invincible villain, then can't seem to figure out exactly how to get rid of him. At that point, the whole film starts to unravel, but Jet and son hold it together by sheer force of will. It is this ability to fascinate with the force of his personality alone (not to mention kung-fu skill that is second to none) that shows Jet Lee will always be something...no matter who is his director or producer.

IKF

Ric Meyers is a contributing editor of Inside Kung-Fu.

Brazilian Jiu Jitsu

Renzo Gracie \ Craig Kukuk

INSTRUCTIONAL TAPE WITH ACTUAL STREETFIGHT FOOTAGE

By now you've heard of the legendary Gracie Fighting Family of Brazil. They have remained undefeated in "No Rules" fighting against all other styles for the past 65 years. On these tapes watch as the 1993 Brazilian Jiu Jitsu Tournament of Champions winner Renzo Gracie and his partner Craig Kukuk, the only American to ever Receive a Black Belt in Brazilian Jiu Jitsu show you how to win in a streetfight.

WARNING: These tapes also include footage of No Rules fighting and are very graphic. Learn the move then watch it work in a real streetfight. With every order of 3 tapes or more receive a Free Bonus tape. Watch the Bonus tape, if you are not totally satisfied within 30 days, return the rest of the tapes unopened for a full refund. The Bonus tape is yours to keep. These tapes contain more moves per tape than any other Brazilian Jiu Jitsu tape available. Plus action footage! Remember, most streetfights end up on the ground. These tapes will show you how to win in a ground fight.

Beginning Armlocks Tape 1
Advanced Armlocks Tape 2
 These two tapes will show you how to end the fight with numerous armlocks from all different positions.
 (Plus Action Footage)



Escape From The Bottom Tape 3
 Get a friend and put him on top in this position. If you can get out easily don't buy this tape.
 (Plus Action Footage)



Escape From The Headlock Tape 4
 This is probably the most common position in a streetfight. Learn a number of different ways out of this situation. (Limited Action Footage)



No Holds Barred Fights!

Learn the technique, then watch it applied in no holds barred fights.

For classes in NY, NJ Call (908) 495-4606

Yes! I will watch my Free Bonus Tape. If I am not totally satisfied I will return the other tapes unopened within 30 days for a full refund. The bonus tape is mine to keep.

Individual tapes are all \$59.00.
Order all 11 and save \$275.00
 Free Bonus Tape is a \$59.00 Value

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone () _____

I have enclosed my check or money order for: ☐ U.S. \$ _____
☐ Money Orders \$ _____

Make checks payable to:
GRACIE & KUKUK INC.
 837 Main St.
 Belford, N.J. 07718

TO ORDER BY:  OR 

CALL TOLL FREE: 1-800-4JU-JTSU
 QUESTIONS CALL 1-908-495-4606

Order any

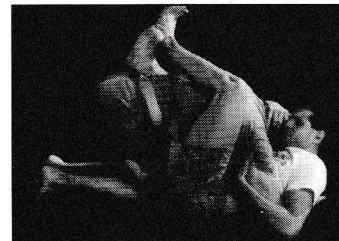
3 Tapes + Free Bonus Tape	\$150
4 Tapes + Free Bonus Tape	\$180
5 Tapes + Free Bonus Tape	\$195
6 Tapes + Free Bonus Tape	\$234
7 Tapes + Free Bonus Tape	\$266
8 Tapes + Free Bonus Tape	\$296
9 Tapes + Free Bonus Tape	\$324
10 Tapes + Free Bonus Tape	\$350
All 11 Tapes + Free Bonus Tape	\$374

I would like these tapes please:

1 2 3 4 5 6 7 8 9 10 11	
S + H under \$100	\$8
S + H over \$100	\$10
S + H over \$200	\$15
S + H outside U.S. add.....	\$40
S + H.....	\$
New Jersey residents add 6% sales tax	
Sales Tax.....	\$
Total Due.....	\$

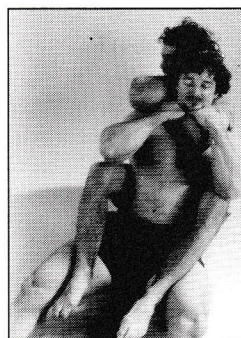
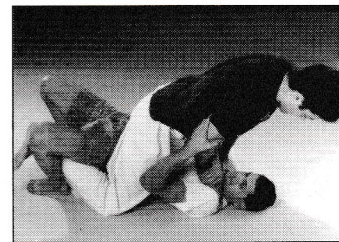
The Guard Tape 5

This tape will show you how to put the person between your legs and not take a punch from this position. then how to go on the offensive.
 (Plus Action Footage)



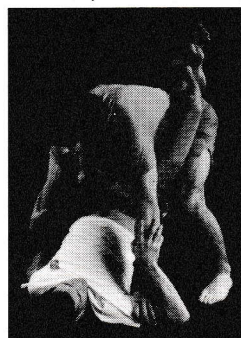
Defend The Mount Tape 6

Your opponent is mounted, punching you in the face. If you can't get out you need this tape.
 (Plus Action Footage)



Beginning Chokes Tape 7

Advanced Chokes Tape 8
 These two tapes will show many different chokes and a number of different positions to choke from. (Plus Action Footage)

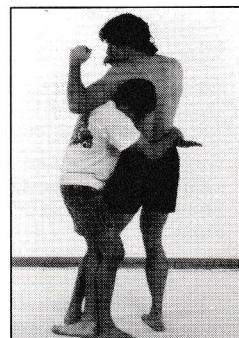


Passing The Guard Tape 10

Good groundfighters will put you in this position. Learn a number of effective ways out. (Limited Action Footage)

The Mounted Position Tape 9

This tape shows first how to attain the mount, then finish your opponent from this devastating position.
 (Plus Action Footage)



Takedowns & The Clinch Tape 11

Learn how to avoid taking punches and kicks then how to take even a much larger opponent down. (Plus Action Footage)

"MAIL ORDER ONLY"

Telephone #: 1-718-456-0663
Call from 7:30 P.M. to 10:30 P.M.
Evenings Only - No Collect Calls Please



JARS VIDEO COLLECTIBLES

P.O. BOX 113
LITTLE NECK, N.Y. 11363

Specializing in Martial Arts Movies,
Animation, Science Fiction and
Westerns. Largest Collection of
Kung-Fu Movies in the World. Also we have a Video
Rental Club thru the Mail and We Buy New and Used
Pre-Recorded Video Tapes.

Giant Catalog: \$4.00 "MAIL ORDER ONLY"



Imagine unveiling
a lost art, an art
mysteriously
traced upon the heavens, etched inside
ancient tombs and shrouded with the Cloak
of silence. Hidden through the ages and
clouded by myths, the translations are now
finally revealed for the first time on tape. The
seal has been broken on...

SECRETS OF THE SCORPION

Featuring:

- Actual Scorpion Combat Footage •
- 12 Segments • Real Demonstrations •
- Over 40 Techniques and movements •
- Scorpions Claw, poison tail kick & more

Volume 1:

A must for all Martial Artists especially
those preparing to enter into the
scorpions mystical realm. Step by step
video shows you how!

INTRODUCTORY OFFER 19.95+4.50 S&H

Send Check or Money Order to:

IONCO-A, P.O. BOX 14, GUTHRIE, OK 73044

Advantage Video

All new '94
catalog free!

MARTIAL ARTS & ACTION VIDEOS!

Stallone - Van Damme - Lee
Enter The Dragon \$12
Rapid Fire \$18
Lion Heart \$13
Iron & Silk \$20

SHAW BROS. VIDEOS

Over 60 "Show" Titles Under \$25 Each!

Two Champions of Shaolin \$18
Bells of Death \$18
Challenge Of Masters / Gordon Liu \$18
Chinatown Kid - Alexander Fu Sheng \$18
Duel of Fists - Ti Lung, David Chiang \$18
The King Boxer / 5 Fingers of Death \$18

RARE VIDEOS - 2 FULL LENGTH FILMS ON 1 TAPE \$10/EA

All videos are guaranteed!

Shipping is \$2.00 per order and .50 per video.

Send orders to: ADVANTAGE VIDEO-Dept. JF05
P.O. BOX 5224, Willowick, Ohio 44095



FREE HOLIDAY
CATALOG

Chen's Tai Chi Chaun

ASSOCIATION, U.S.

Video Tapes Of

Chen Xiaowang & Feng Zhiqiang

In these historical tapes the original Chen's
family Lao Jia and Pao Chui forms are shown
in their complete and uncut versions.

Chen Xiaowang Lao Jia..... \$59

Chen Xiaowang Pao Chui \$59

Feng Zhiqiang Lao Jia \$59

Feng Zhiqiang Pao Chui \$59

All Four Tapes For \$220

Send Check or Money Order to:

Sifu Gene Chen

1470 - 21 Ave.

San Francisco, CA 94122

OUTSIDE U.S. ADD \$6 POSTAGE

ROTHROCK-AT-LARGE

Cynthia Rothrock

Perfecting Your Form

From 1981-85, I was the undefeated forms
champion of the open karate points circuit.
During this time, my goal was to remain number
one for five consecutive years and then retire at the
top.

I gave up many things to achieve this goal, but
it was well worth it. When I hit the city where a
competition was being held, while everyone else
was enjoying the sites, you would find me at a local
martial arts school polishing my routines.

Swimming or playing tennis? Forget it. I
devoted all my spare time to forms and weapons
practice. It was easy for me since I owned a martial
arts school and was there 12-to-15 hours a day.
When I wasn't practicing, I was thinking of ideas
on how to improve my form. I've traveled to
China, Hong Kong and Taiwan just to study
from different masters.

Now, I'm not saying you have to take such
drastic measures to perfect your forms work; it was
just my obsessions to achieve a goal which was
near and dear to my heart.

Whenever I won a competition, I would come
back to my school and practice harder. I never
slacked off in my training because I won and I
knew I would could win again. No matter how
good you are at something, you can always get
better.

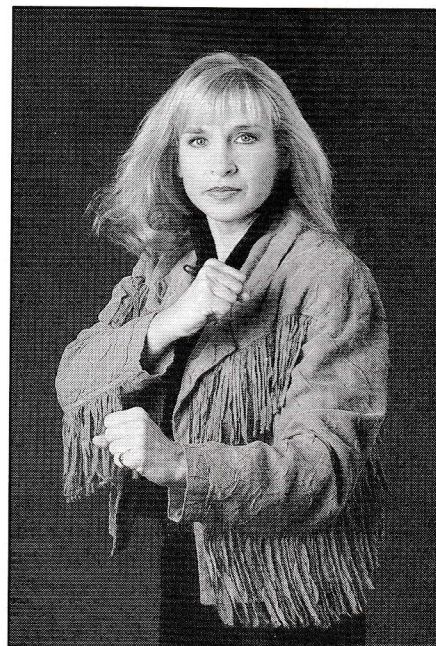
Funny thing, when I started training in tang
soo do, I preferred fighting and kicking to forms
work. The last thing on my list always was forms
practice. I didn't like it because I didn't really
understand the purpose of practicing it and also I
felt very uncoordinated. For the life of me, I
couldn't remember how to turn in basic I.

One day my instructor, Frank Trojanowicz,
gave a lecture on practicing. If you're not good at
a particular technique, you are not practicing.
Stop being lazy and work on your weaknesses.
Well, I felt he was talking directly to me about my
forms. I was embarrassed and decided to practice
and understand my form.

Of course, the more you practice the better
you get and when you know you're good you
begin what you once hated. After five months of
practice I entered the women's forms division,
which at that time went from white belt to black
belt. I captured second place. It was the first time
in my life I ever won anything. From then on I was
hooked.

My theory for form practice is to first under-

Cynthia Rothrock writes a bi-monthly column for
Inside Kung-Fu.



stand your form. Know what every movement
means and then work on speed and power. Rep-
etition is the key. Next, I would take certain
patterns and work on them as hard and as fast as
I could.

Now work on rhythm. Timing is so important
in making a form look dynamic. Do some moves
faster, slower, stronger, whatever it takes to look
the best. One thing I've learned from competition
is that you have to give 100 percent into your
form. Feeling and eye control are important—
where you look or how you look could change the
whole appearance of your form. You've heard of
the "Eye of the Tiger"! Be sharp.

Your presentation should be confident.
Whether you are in a competition, taking a test,
doing a demonstration or just practicing by your-
self, have confidence that you are going to per-
form your best.

It's very easy to spot a person who is nervous
about performing. Before I hit the floor, I would
psyche myself up by saying, "You are going to win,
you are the best, get out there and show everyone."
Confidence works.

Whether or not you win, always strive to do
your best and try to be better next time.
Remember, when practicing your form have an
understanding of movement, speed, power, dy-
namics, rhythm, confidence, and creativeness.
But above all, enjoy yourself and be proud of what
you have already accomplished.

IKF

YMAA PUBLICATION CENTER

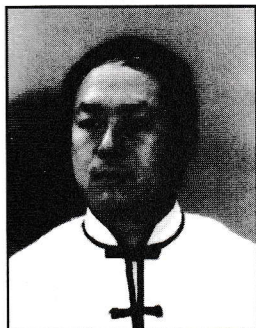
FREE CATALOG

Martial Arts, Qigong, & Health Products

- Books • Videotapes • Clothing • Cassettes •
- CD's • Tai Chi Balls •



CALL OR WRITE TODAY FOR FREE CATALOG & SEMINAR BROCHURE
1-800-669-8892



YMAA ANNUAL SEMINARS

WITH

Dr. Yang, Jwing - Ming

- Qigong • Chin Na • Yang Style Taijiquan •
- Push Hands • Hsing Yi • White Crane • Long Fist •

(YMAA certification will be awarded)

FREE Seminar Brochure Available Upon Request

YMAA, 38 Hyde Park Avenue, Boston MA 02130

SAGITTARIUS PRODUCTIONS
PRESENTS

CHOW GAR PRAYING MANTIS KUNG FU
TRAINING VIDEOS

(SIFU PAUL WHITROD U.K. REPRESENTATIVE)

VIDEOS



FORMS TAPES WITH DIM MAK APPLICATION

- * 1st Form, Sarm Bo Jin Plum Blossom training poles & Dim Mak. \$65.00
- * 2nd Form, Sarm Jin Yui Kui. Dim Mak points on the arms. \$65.00
- * 3rd Form, Sarm Bo Pai Kui, Dim Mak, energy symptoms. \$65.00
- * 4th Form, Sarm Bo Pin Kui, Dim Mak, leg training exercise. \$65.00
- * 5th Form, Yum Yum Kum La Sau, Dim Mak on arms & body. \$65.00

SAN SAU TAPES

- * San Sau No. 1 hand & leg techniques, sensitivity exercises, application. \$60.00
- * San Sau No. 2 hand techniques, sensitivity exercises, application. \$60.00
- * San Sau No. 3 hand & leg techniques, pressure points of the legs Dim Mak points of all application, sensitivity exercises. \$65.00

DIM MAK DIT DAR TAPE

- * How to make Dit Dar Jau, herbal poultices, Explanations of the art of Dim Mak, Hidden Dim Mak techniques 2 hours 25 minutes. \$85.00

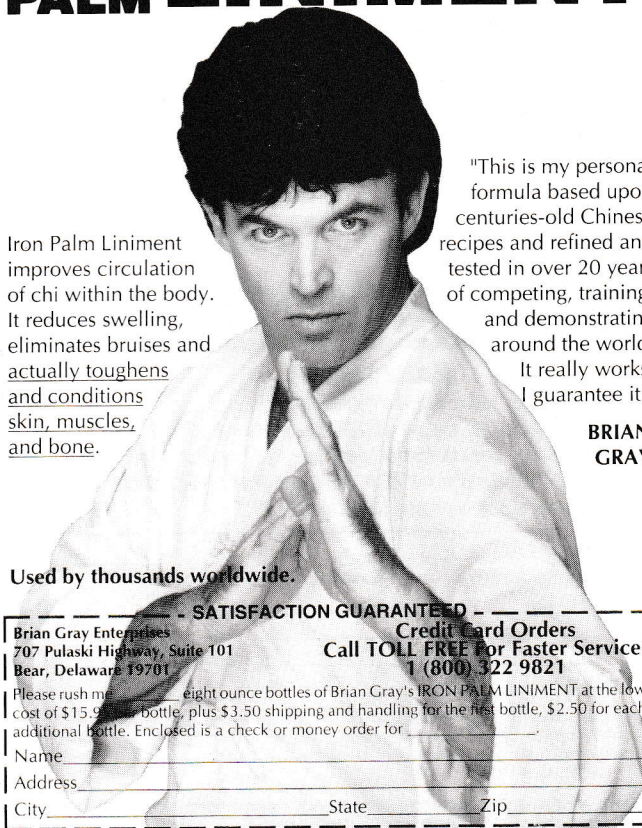
All Cheques payable to
Chow Gar Praying Mantis
27 Romford Road
Stratford
London E15

All Video contents are for
express purposes only and are
not for sale for those under
18 years of age. Please state
age when ordering.

Other tapes available include Qi Gong tapes, weapons and other Mantis technical knowledge. When ordering ask for a list.

周家螳螂

MASTER BRIAN GRAY'S IRON PALM LINIMENT



"This is my personal formula based upon centuries-old Chinese recipes and refined and tested in over 20 years of competing, training, and demonstrating around the world. It really works, I guarantee it!"

BRIAN
GRAY

Used by thousands worldwide.

SATISFACTION GUARANTEED

Brian Gray Enterprises
707 Pulaski Highway, Suite 101
Bear, Delaware 19701

Credit Card Orders
Call TOLL FREE For Faster Service!
1 (800) 322 9821

Please rush me _____ eight ounce bottles of Brian Gray's IRON PALM LINIMENT at the low cost of \$15.95 per bottle, plus \$3.50 shipping and handling for the first bottle, \$2.50 for each additional bottle. Enclosed is a check or money order for _____

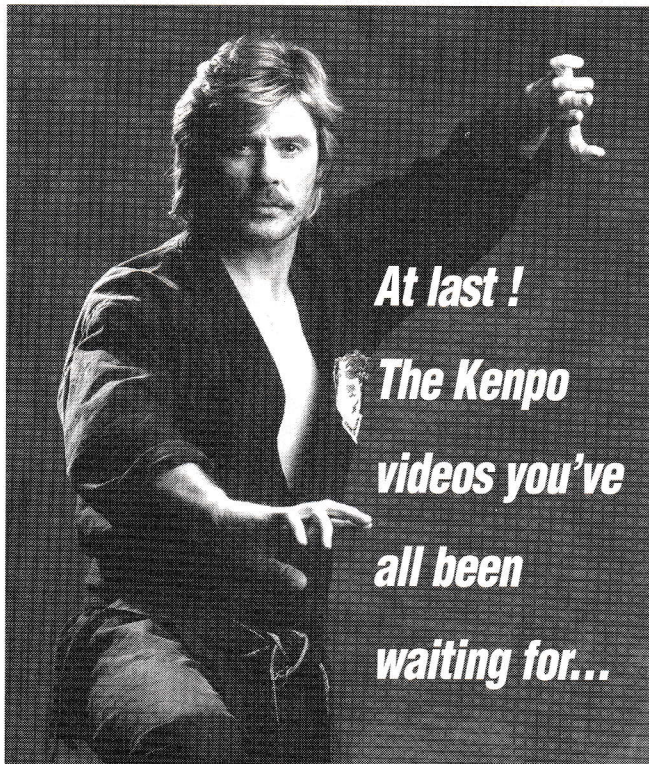
Name _____

Address _____

City _____

State _____

Zip _____



**At last !
The Kenpo
videos you've
all been
waiting for...**

**9th degree Kenpo master Larry Tatum
presents his new video series
"Kenpo Self Defense Techniques"**

Working in conjunction with his last series "When Kenpo Strikes", Master Larry Tatum now completes your Kenpo video training with his new series "Kenpo Self Defense Techniques". Master Tatum personally demonstrates and instructs each and every Kenpo technique from yellow belt thru 3rd degree black belt. His mastery of speed and power translates each technique into its fullest potential.

**Complete your Kenpo video library now!
All tapes at \$49.95 Order today.**

- | | |
|---|---|
| <input type="checkbox"/> Yellow Belt | <input type="checkbox"/> 2ND Degree Brown Vol. I |
| <input type="checkbox"/> Orange Belt Vol. I | <input type="checkbox"/> 2ND Degree Brown Vol. II |
| <input type="checkbox"/> Orange Belt Vol. II | <input type="checkbox"/> 1ST Degree Brown Vol. I |
| <input type="checkbox"/> Purple Belt Vol. I | <input type="checkbox"/> 1ST Degree Brown Vol. II |
| <input type="checkbox"/> Purple Belt Vol. II | <input type="checkbox"/> 1ST Degree Black Vol. I |
| <input type="checkbox"/> Blue Belt Vol. I | <input type="checkbox"/> 1ST Degree Black Vol. II |
| <input type="checkbox"/> Blue Belt Vol. II | <input type="checkbox"/> 2ND Degree Black Vol. I |
| <input type="checkbox"/> Green Belt Vol. I | <input type="checkbox"/> 2ND Degree Black Vol. II |
| <input type="checkbox"/> Green Belt Vol. II | <input type="checkbox"/> 3RD Degree Black Vol. I |
| <input type="checkbox"/> 3RD Degree Brown Vol. I | <input type="checkbox"/> 3RD Degree Black Vol. II |
| <input type="checkbox"/> 3RD Degree Brown Vol. II | |

TO ORDER CALL 1-800-585-3676

24 Hours • 7 Days a week • Credit card orders by phone only

★ KENPO SPECIALS ★

- Order 4 videos, get Yellow Belt Techniques video FREE
- Order Volume I and II of any belt, only \$79.95 for the set. (Save \$20.00)
- Order all 21 Kenpo tapes by Master Larry Tatum, pay for only 16, get 5 FREE and save \$249.95. Send only \$795.00 for complete set. Price includes shipping within the U.S. Other destinations, add \$92.00.

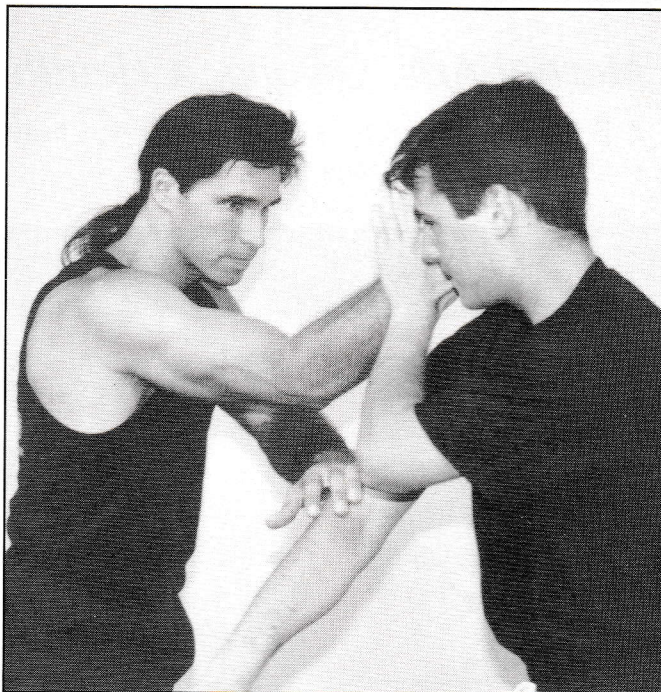
Total amount due* _____
 *Shipping & handling \$4.00 per video. CA residents add sales tax.
 Name: (print clearly) _____ Date Ordered: _____
 Street: _____ Apt. # _____
 City: _____ State: _____ Zip: _____ Country: _____
 Home Phone () _____ Bus. Phone () _____

All orders are shipped U.S. Mail or U.P.S. Allow 1 to 2 weeks for delivery. We do not send C.O.D.'s. For best possible service, please use your street address and not a P.O. Box. Shipping and handling for all destinations other than continental U.S. (including Canada, Hawaii and Puerto Rico) \$12.00 per video

Make check payable to: L. Tatum Productions, 260 So. Lake Ave., Ste. 231, Pasadena, CA 91101

MAIN EVENTS

A public service to martial arts promoters, competitors and enthusiasts. Send information at least three months in advance of event to: Main Events, 4201 Vanowen Place, Burbank, CA 91505.



JULY 29TH-31ST

WALT LYSAK'S 9TH ANNUAL TRAINING CAMP. With special guest Tony Blauer. Covered will be all aspects and ranges of practical martial arts. Contact Lysak's Self Defense Academies, 71 East St., Ludlow, MA 01056; (413) 589-7869.

AUGUST 1ST-5TH

KUNG-FU SUMMER RETREAT FOR YOUNG PEOPLE. On the shores of beautiful Kootenay Lake. Classes in Hsiao Chuan Fa kung-fu, animal forms, self-defense, weapons and philosophy. Recreation includes hiking, swimming and boating. Open to ages 8-18. Fee (includes instruction, meals and accommodation): \$240 Canadian or \$200. U.S. Contact Kootenay Tai Chi Centre, Box 566, Nelson, B.C., V1L 5R3, Canada; (604) 352-3714 or 352-2468.

AUGUST 3RD

WOMEN'S SELF-DEFENSE PROGRAM. At the Shaolin Kung-fu Institute, 106 Mercer St., Hightstown, N.J. Taught by Donna McCoy. Develops awareness skills, teaches kicks, strikes, releases from grabs. Contact Donna McCoy at (609) 448-2424.

AUGUST 4TH-7TH

GRANDMASTER REMY PRESAS MODERN ARNIS SEMINAR. In Charlotte, N.C. Filipino martial art basic and advanced instructor course taught by Remy Presas. Seminar covers cane and knife disarms, empty hand and stick kata, throwing and control techniques, and trapping hands. Contact Irwin Carmichael, 9306 Beatties Ford Rd., Huntersville, NC 28078; (704) 392-8410.

AUGUST 5TH, 12TH, 19TH, 26TH

STREETWISE. At the Shaolin Kung-fu Institute, 106 Mercer St., Hightstown, N.J. A self-defense course for men. Covers jointlocks, knife defense, and multiple opponents. Contact Rex or Donna McCoy at (609) 448-2424.

AUGUST 5TH-7TH

BANFFALL-STAR KARATE KAMP '94. In Banff, Alberta, Canada. Featuring Joe

Lewis, Bill Wallace, Robert Bussey, Peter Cunningham, and Michael Pasquale, Sr. Contact Dale Kliparchuk, Box 42090 Lee Ridge Postal Station, Edmonton, Alberta, Canada T6K 4C4; (403) 490-0144.

AUGUST 6TH

MAYBERRY OPEN. Mt. Airy, N.C. Contact Eric Larza at (910) 789-2275.

TAI CHI PUSH HANDS AND HUNG GAR SELF DEFENSE SEMINAR. With sifu Steven Beaver. Featuring the internal aspects of tai chi push hands and the external attributes of hung gar for self-defense. Contact Sam Powell, Powell's United Martial Arts, Midwestern Pkwy., #103, Wichita Falls, TX 76302; (816) 322-5425.

TERRI GIBSON SEMINAR. In Creve Coeur, Mo. Contact Dan Moriarty at (314) 230-8838.

JUN FAN/JEET KUNE DO SEMINAR in Birmingham, Ala., with sifu Lamar M. Davis II. Covered will be the training and use of the intercepting fist. Contact JKD Seminars, 267 West Valley Avenue, Suite #223, Birmingham, AL 35209; (205) 327-KICK.

PARK, BOK NAM SEMINAR. In Pacific Grove, Calif. Paqua chang, chi kung and fighting. Contact Dan Miller, (408) 655-2990.

AUGUST 6TH-7TH

DAN INOSANTO SEMINAR. Contact the Indiana Kali-Silat Association, 3403, South Coffey St., Indianapolis, IN 46217; (317) 787-8502.

INDONESIAN MARTIAL ARTS SEMINAR. By Herman Suwanda. In Long Island, N.Y. Contact Chris Sisinni at (516) 783-1912.

AUGUST 6TH-8TH

YANG JWING-MING SEMINAR. Covered will be chi kung. In Boston, Mass. Contact YMAA, 38 Hyde Park Ave., Boston, MA 02130; (617) 524-8892.

AUGUST 7TH

TED LUCAYLUCAY SEMINAR. In Los Angeles. Covered will be stickboxing and trapping from kali and JKD. Contact Chinatown Boxer Rebellion-Jun Fan Memorial Gym, 936 Mei Ling Way, Los An-

MAIN EVENTS

geles, CA 90012; (818) 596-2059.

AUGUST 7TH-13TH

THE 18TH ANNUAL TAI CHI SUMMER RETREAT. On the shores of beautiful Kootenay Lake. Classes in chi kung, form principles, push hands, self-defense, weapons, meditation, philosophy and massage. Recreation includes hiking, swimming, boating, and nearby hot springs. Open to beginner through advanced. Fee (includes instruction, meals and accommodation): \$375 Canadian or \$325 U.S. Contact Kootenay Tai Chi Centre, Box 566, Nelson, B.C., V1L 5R3, Canada; (604) 352-3714 or 352-2468.

AUGUST 8TH-14TH

FREE FIGHTING INTENSIVE WORKSHOP. In-depth study and training of the best, most-effective boxing style with world champion Peter Ralston. Contact the Cheng Hsin School, 6601 Telegraph Ave., Oakland, CA 94609; (510) 658-0802.

AUGUST 10TH-14TH

THIRD ANNUAL AMERICAN WOMEN'S SELF-DEFENSE ASSOCIATION TRAINING SEMINAR. In Lexington, Ky. Free rape prevention instructor's certification available to the first 20 applicants. Contact AWSDA, 713 N. Wellwood Ave., Lindenhurst, NY 11757; (516) 225-6262.

AUGUST 12TH-13TH

PENCAK SILAT SEMINAR in Vancouver, B.C., Canada, featuring the Indonesian martial art of mande muda silat by Herman Suwanda from West Java. Seminar will cover empty hand skills from Kari, Sera and Cikalong. Contact Louie Lindo, at Mande Muda Canada, (604) 872-8039.

AUGUST 12TH-17TH

ROCKY MOUNTAIN T'AI-CHI CH'UAN SUMMER CAMP 1994. At Shoshoni Retreat Center, Rollinsville, Colo. Bataan and Jane Faigao, instructors. All levels of grandmaster Cheng Man-ch'ing's short form Yang style will be taught. Contact Dept. P, Rocky Mountain T'ai-chi Ch'uan, 28041 6th St., Boulder, CO 80304; (303) 447-2556 or (303) 530-4520.

AUGUST 13TH

AMERICAN CHI KUNG INSTRUCTORS ASSOCIATION NATIONAL WORKSHOP. In Central New Jersey. Call (201) 674-9007.

JUN FAN/JEET KUNE DO SEMINAR. With Lamar M. Davis II. Covered will be intercepting fist, stop kicks. Contact Mike Lee Kanarek, 15928 SR 84, Sunrise, FL 33326; (305) 384-KICK.

PARK, BOK NAM SEMINAR. In Seattle, Wash. Paqua chang, chi kung and fighting. Contact Glenn Wright, (206) 584-4647.

AUGUST 13TH-14TH

1994 WING CHUN TRAINING CAMP. In Salt Lake City, Ut. The intensive 30-hour program includes: wing chun empty-handed combat; wooden dummy essentials; weapons training; health and herbology; balancing the energy of chi sau and more. Contact the Wing Chun Kung Fu Council, P.O. Box 2158, Orem, UT 84051; (208) 225-6114.

LARRY HARTSELL SEMINAR. Covered will be Filipino kali, Jun Fan, trapping and grappling. Contact Rudy, P.M.A. Academy, 6255 SW 8th St., Miami, FL 33144; (305) 262-4757.

WEST COAST TAI CHI WORKSHOP. With master Bob Klein. In Seattle, Wash. One-on-one training in the Yang short form with self-defense applications, push hands, chi gung and other forms. Contact Robert Klein, 87 Tyler Ave., Sound Beach, NY 11789; (516) 744-0449.

AUGUST 13TH-15TH

YANG JWING-MING SEMINAR. Cov-

ered will be traditional Yang style. In Boston, Mass. Contact YMAA, 38 Hyde Park Ave., Boston, MA 02130; (617) 524-8892.

AUGUST 13TH-17TH

MICHAEL KINNEY SUMMER CAMP. At Camp Geneva Conference Center, Fruitland Park, Fla. Super kicking skills, ju-jitsu, aikido and more All ages invited. Contact: Greg Lee, P.O. Box 47881, St. Petersburg, FL 33743; (813) 344-5425.

AUGUST 18TH

FILIPINO MARTIAL ARTS SEMINAR. With guru Tom Bolden. Covering single and double stick with empty-hand translations. Contact Glenn Smits, 131 Cragmoor Rd., Pine Bush NY 12566; (914) 647-8455.

AUGUST 18TH-21ST

REMY PRESAS FLORIDA PARADISE MODERN ARNIS CAMP. At Camp Geneva Conference Center, Fruitland Park, Fla. Personal instruction by legendary grandmaster Presas, the founder of modern arnis. Contact Michael Kinney, P. O. Box 47881, St. Petersburg, FL 33743; (813) 344-5425.

UNITED STATES JEET KUNE DO ALLIANCE SUMMER TRAINING CAMP in Birmingham, Ala., with sifu Lamar M. Davis II. Covered will be sticking and trapping hands, lin sil die dar, intercepting fist, stop kicking and the straight blast. Contact U.S.J.K.D.A. Summer Camp, 267 West Valley Avenue, Suite #223, Birmingham, AL 35209; (205) 327-KICK.

AUGUST 19TH-21ST

THE 1994 WORLD KARATE CHAMPIONSHIPS. At Mt. Airy Lodge, Mt. Pocono, Pa. This is an open-style tournament. Contact U.S. Assistant Coordinator, Frank Tasetano, R.D. 6, Box 6075, Stroudsburg, PA 18360; (717) 992-3458.

AUGUST 20TH

AMERICAN CHI KUNG INSTRUCTORS ASSOCIATION NATIONAL WORKSHOP. In Tallahassee, Fla. Contact Jack Sackel at (904) 422-0711.

JUN FAN/JEET KUNE DO SEMINAR in Birmingham, Ala., with sifu Lamar M. Davis II. Covered will be the use and training of the leg obstruction and stop kick. Contact JKD Seminars, 267 West Valley Avenue, Suite #223, Birmingham, AL 35209; (205) 327-KICK.

AUGUST 20TH-21ST

DAN INOSANTO SEMINAR. In Queens, N.Y. Covered will be original, advanced and conceptual JKD, Filipino martial arts and Indonesian martial arts. Contact Neil Cauliffe at (718) 460-2424.

KUNIBA-HA SHITO RYU SEMINAR. With Bill Price. Contact McElroy's Martial Arts Academy, Post Office Box 22243, Hilton Head Island, SC 29925; (803) 681-6538.

AUGUST 20TH-22ND

YANG JWING-MING SEMINAR. Covered will be taiji pushing hands. In Boston, Mass. Contact YMAA, 38 Hyde Park Ave., Boston, MA 02130; (617) 524-8892.

AUGUST 21ST

AMERICAN CHI KUNG INSTRUCTORS ASSOCIATION NATIONAL WORKSHOP. In Salem, Ore. Contact Joseph Laronge at (800) 864-2133.

STREET FIGHTING SELF-DEFENSE SEMINAR IN HOUSTON. Learn practical effective methods necessary in a violent confrontation. Weapons, multiple opponents, kicking, punching, trapping, and grappling will be addressed. Contact Tim Mousel, Mousel's Self-Defense Academy, 8162 Richmond, #209, Houston, TX 77063; (713) 953-1263.

Continued on page 88

Bruce Lee Immortalized Forever in Museum Quality Bronze

The power of artistic form, like Bruce himself, has no beginning and no end. Its power embodies the spiritual qualities of life, beauty, truth and love.

Title: "LITTLE DRAGON"

**Master sculptor:
Raymond D. Hunter
of Hunter Castle.**

**Height: 13"
Weight: 6 lbs.**

**Limited Edition: 2500
in Cold Cast Bronze
(pictured) - \$ 195.00.**

100 in silicon Bronze - \$2,700.00.

Mounted on a black Italian marble base.

Add \$8 per sculpture for shipping and handling. California residence add 7.25% sales tax. Canadian orders add \$15 for shipping. Foreign orders, 4 to 6 weeks delivery, add \$25 shipping.

Air delivery \$50.

Send check or money order to:

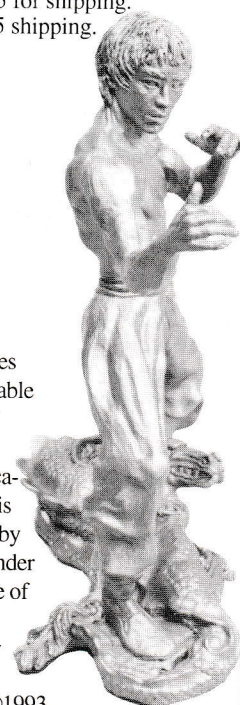
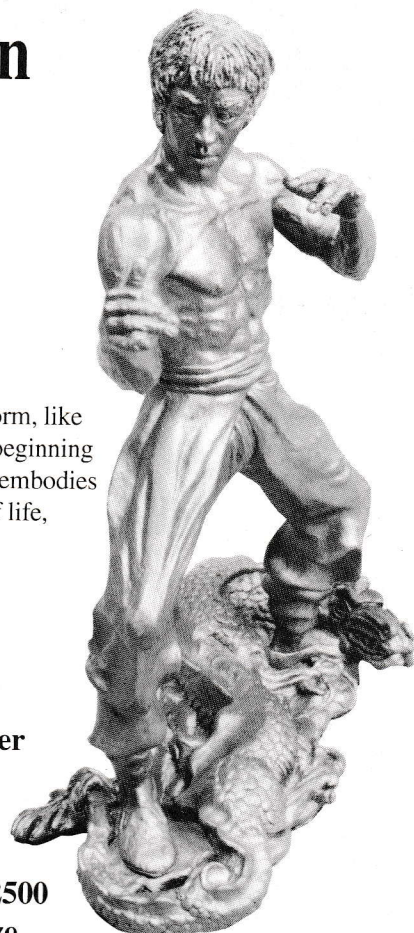
SCULPTURE CONCEPTS

**5388 E. Burris Road
Loma Rica, CA 95901
1(800) 800-5950**

VISA, MasterCard and American Express.
No COD's. Financing available.

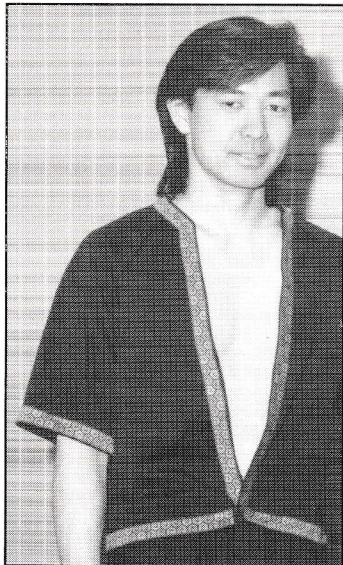


Each work of art comes with a numbered, suitable for framing, 11" x 17" heavyweight stock certificate of authentication. "Little Dragon" is produced exclusively by sculpture Concepts, under license from the Estate of Bruce Lee. All rights reserved. Licensed by MCA/Universal Merchandising, Inc. ©1993.



CLOTHING...

ESCRIMA/KALI VEST



Inspired by actual vests from the Philippines. Waist length tops of shiny black poly/cotton material with ornate trim. Sizes: S, M, L. #UF1000A \$24.95

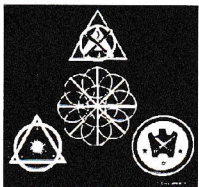
THE OFFICIAL JKD T-SHIRT

Originally designed by Bruce for the exclusive use of his JKD colors on a heavy black T-shirt. Sizes: S, M, L, & XL. #ATO100A \$10.00



KALI/JKD MULTI-LOGO

Exclusive Item! Universal designs in a triangular pattern. White print on a black t-shirt. Sizes: S, M, L, & XL. #ATO400A \$10.00



KALI FIGHTERS T-SHIRT

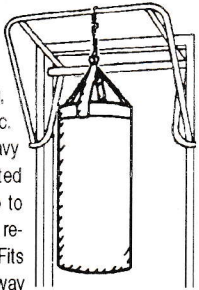
Dynamic two-color print on a heavy black t-shirt. Sizes: S, M, L, XL. #AT0500A \$10.00



EQUIPMENT...

PORTABLE INDOOR BAG HOLDER

Hang your heavy bag, double end bag, etc. Constructed of heavy gauge chrome plated tubing. Will hold up to 500 lbs., yet easy to remove for storage. Fits any standard doorway (28"-32"). 7 ft. high bag can also be used for pull ups. #PO0900A List: \$79.95 I&I: \$79.95



DELUXE LONG THAI PAD

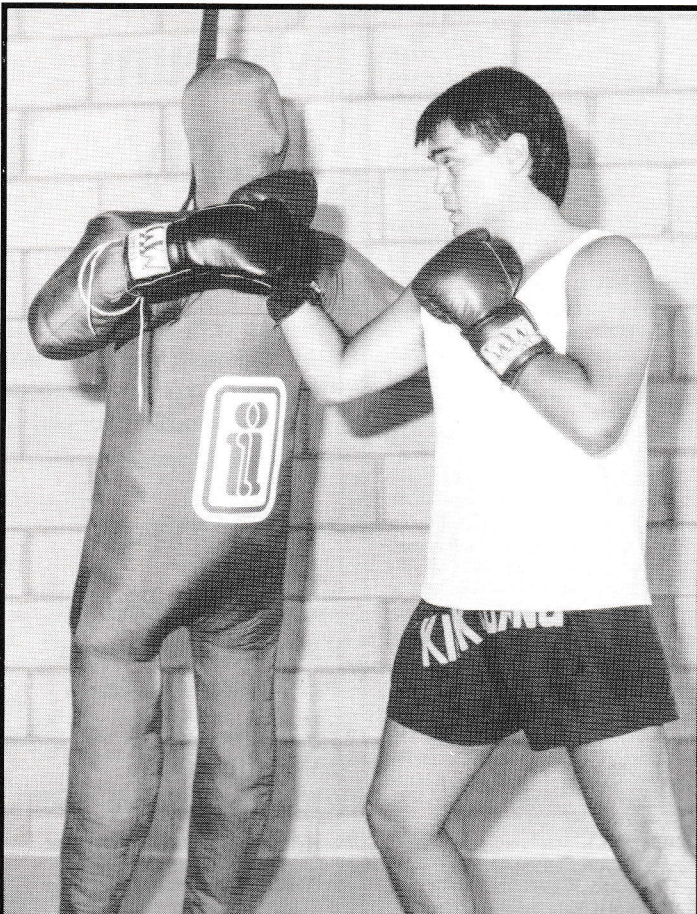
Built to the same high quality as our regular Thai Pads but long and heavier. 20" x 11" x 6". Weight: 3.9 lbs. #PO2160A \$45.00 each



I&I SPORTS

MARTIAL ARTS SUPPLIES & ACCESSORIES

"SUPPLIER TO THE MARTIAL ARTS MASTERS"

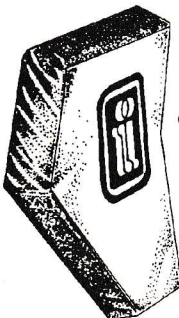


THE FIGHTING MAN DUMMY

The human-like punching bag! Over 6 ft. tall complete with head, nose chine, feet and hands which can hold weapons. Offers the most realistic training possible! Manufactured in the U.S. One year warranty. Weight: 90-110 lbs. #PM1000A \$389.95
Fighting Man Dummy Introduction Video \$9.95

I&I SPORTS THAI PAD

Heavy 22 oz. vinyl shell, stuffed in the traditional manner. Black. 16" x 11" x 6". Made in the U.S. #PO2150A
Only: ..\$35.00

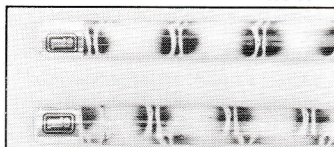


CURVED SHIELD

Best shield on the Market! Heavy 22 oz. vinyl shell with dual-density foam core. Black. 29" x 19" x 6". Made in the U.S. #PO0200A
Only: \$59.95

ORIGINAL HAND-BURNED RATTAN WEAPONS...

DOUBLE CLEAR COATING & RETINA RETENTION ENDS!



COMBAT ESCRIMA STICK

Our best all around stick! Traditional burned patterns with the durability of a natural stick with skin. 28" long. #WF0630A \$9.95

DEMO ESCRIMA STICK

Lighter & more ornate than Combat Sticks. No skin. 28" long. #WF0130A \$9.95
BO STAFF, 72" \$24.95
DAGA STICK, 12" \$5.95
OLISI PALAD, 5.5" \$2.95
OLISI PALAD KEYCHAIN \$3.95

PLAIN ESCRIMA STICK, 28" \$7.95
PLAIN STICK w/SKIN, 28" \$6.95
2-STICK BAG, 28" \$5.95

FOAM PADDED ESCRIMA STICK

Hollow plastic core with foam padded cover. Ideal for light contact training. 28" long, 1.25" thick. #WF0030A \$8.95

FILIPINO KALI STICKS



Directly from the Philippines, each stick has 4 to 6 nodes. Fire-hardened for strength & hand engraved at the handle (a custom to improve the warrior's chances over his opponent in battle). Finished with a spiral burn pattern & protective clear coating. We've added our exclusive 'Retina Retention Tape' on each end for better tracking of stick movements. 28" long, 7/8" thick. #WF0430A \$12.95 each 2 for \$25!

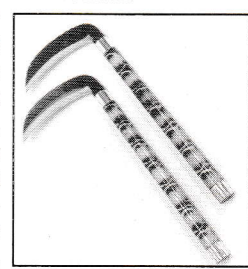
GREAT VALUE!

TRAINING ESCRIMA/KALI STICKS

Not as straight & uniform as our famous Escrima/Kali Sticks, but just as durable. If you're interested in training & don't need the best looking sticks, pick some of these up and save! #WF0830A \$3.95/each Pack of 10 \$29.50

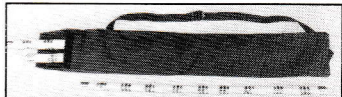
FILIPINO STYLE KAMA

Sharp 7" steel bladed kama with hardwood handles, double clear coating & Retina Retention Tape.



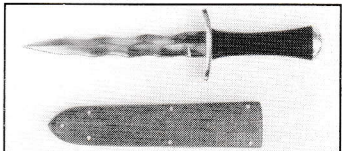
#WF5000C \$29.95

DELUXE WEAPON BAG



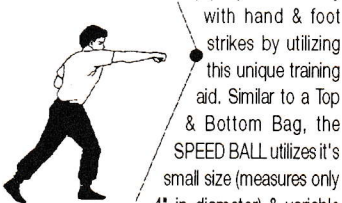
Black nylon bag with shoulder strap, long stick pocket, dagger pocket & quick 'retrieve' single stick pouch. 30 x 8". #PB8200A \$16.95

KRIS DAGGER



6" seven wave blade of 5160 spring steel. Brass cross guard, kamagong (Filipino ebony hardwood) handle with brass pommel & hardwood scabbard. #KF0700C List: \$129.95 I&I: \$79.95

SPEED BALL - Develop pin-point accuracy



with hand & foot strikes by utilizing this unique training aid. Similar to a Top & Bottom Bag, the SPEED BALL utilizes it's small size (measures only 4" in diameter) & variable tension cord to provide a quick reacting, highly elusive target! Complete with instruction booklet & mounting hardware. #PB2000A \$8.95

CHARGE IT! 7 DAYS A WEEK! TEL: 310•715•6800 FAX: 310•715•6822

KNIVES & MARTIAL ARTS SELF-DEFENSE EQUIPMENT NOT SOLD TO MINORS OR WHERE PROHIBITED BY LAW.

VIDEOS...

No Exchanges unless defective (for same tape only). No Returns after 10 days. Tapes 1 hour long unless noted.

BRUCE LEE: THE LEGEND

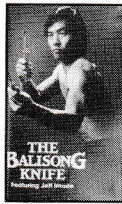
Documentary with early screen test & outtakes never before released! Rare footage of Bruce as a boy, famous fight scenes and recollections by Steve McQueen, James Coburn and more! This is the real Bruce Lee! 88 minutes.

#VL0601A **SALE! \$19.95**

THE BALISONG KNIFE

by Jeff Imada

The leading authority on the Balisong Knife covers basic opening & closing techniques, one & two hand manipulations, aerial opening, grips & more! #VT0200A I&I: **\$39.95**



"The First Authorized Series!"

THE FILIPINO MARTIAL ARTS

by Dan Inosanto

With Jeff Imada, Ted Lucaylucay & others.

Vol. 1: An overview covering:

Single & double stick, empty hand, knife fighting, advanced balisong fighting, disarms, breaking, fighting techniques, ancient weapons, the whip, full contact sparring and more.

Vol. 2: Weapons of the Philippines, major aspects of the single stick including grips, striking angles & disarms, Sinawali, empty hands applications & more!

Vol. 3: The all important energy drill with both sticks and empty hands, coordination drill flows and much more!

Vol. 4: Long & short stick training, counters, snaking & stripping disarms, solo training, close quarters combat & more!

Vol. 5: A continuation of Vol. 4 with long & short sick training, disarms, angles of attack, attack and defense training, etc.

Vol. 6: Dan working out with the FIGHTING MAN DUMMY, demos, disarms, Sinawali, the Tabak Toyok and empty hand techniques. Plus, full contact training. Bruce's 1 & 3 inch punch & more! List: \$59.95 I&I: **\$49.95 each**

Set of 6 \$255!

KUNG FU SAN SOO

Internationally known weapons master and martial artist, Gerald Okamura on the effective fighting art of Kung Fu San Soo.

Vol. 1: Basic warm-up exercises required to avoid injury while training. Offensive & defensive stances, striking targets & the best suited punch or kick. Plus, basic responses to attacks. #VT0710A

Vol. 2: Intermediate warm-up exercise, striking exercises, common grabs & effective responses, theory of turning a common object into a defensive weapon, intermediate strikes and their application and sparring. #VT0720A

List: \$59.95 I&I: **\$49.95 each**

Complete Set Only: **\$85!**



PENJAK SILAT

By Victor de Thouars, direct descendant of the

founders & Dan Inosanto.

Vol. 1: History of this secret art, fighting applications, stretching, coconut & bat breaking and advanced techniques. #VT0110A

Vol. 2: Street fighting techniques, fighting forms, Dan demonstrating advanced techniques and more! #VT0120A

List: \$59.95 I&I: **\$49.95 each**

KALI/JEET KUNE DO

by Ted Lucaylucay

Vol. 1: Weapons exercise.

Theories of Angulation & Evasion Practices. Checking & Trapping Concepts. Angles of Attack and more! #VL1000A

Vol. 2: Training with the heavy bag, kicking shield, focus gloves, double end ball and the Wing Chun Dummy. 5 Ways of Attack and more! #VL2000A

Vol. 3: Advanced Kali/JKD training. Development of rhythm, drills focusing on footwork, hand strikes and leg strikes. Plus, trapping techniques, counter attack, Chi Sao & Don Chi. #VL3000A

Vol. 4: Basic knife positions for offensive & defensive training with the Kris, Balisong & dagger. Plus, Kali/JKD knife fighting, disarms & takedowns. #VL4000A

List: \$49.95 I&I: **\$39.95 each**

Any 2: \$69.95 or Set of 4: \$129.95

JEET KUNE DO

by Jerry Poteet

Comprehensive training program by one of Bruce's original students.

Vol. 1: Foundation: Demos & combat applications of Bruce's innovative principles.

Includes: The JKD Lead Leg/Lead Hand Fighting Method, Economy of Motion Principles, JKD Jab vs. Boxing Jab, longest weapon to the closest target concept and JKD Body Mechanics. #VT0610A

Vol. 2: Dynamics of Hitting and Kicking:

Demos of Lee's methods for developing power in punches & kicks. Includes the famous JKD Broken Rhythm Training Method, Focus Glove Impact Training, JKD Modified Boxing, the unique Inverted Kick and the JKD Short Arc Principle to develop maximum skill. #VT0620A

Vol. 3: Trapping: Nucleus of JKD: An examination of the never before seen energy (sensitivity) drills & their combat applications as originally taught by Bruce. Demos & breakdowns of forward, dissolving & springing energy, unique Trapping from the "Chinatown Era" and more! #VT0630A

Vol. 4: The 5 Ways of Attack: Demos & breakdowns of the "Essence of Jeet Kune Do" including: JKD Hand & Leg Attacks (Attack by Combination), JKD Boxing Drills (Attack by Drawing, Chi Sao & Don Chi (Hand Immobilization Attack), Single Direct Attack and the ultimate in finesse, Progressive Indirect Attack. #VT0640A

Vol. 5: Equipment & Training: Poteet shares his personalized training program developed by Bruce, plus the heavy Bag, Top & Bottom Bag, Wing Chun Dummy, Focus Gloves, Hanging Newspaper, Wrist Roller and the Foot Obstruct Kicking Apparatus. #VT0650A



Vol. 6: For Women & Children: How smaller people can apply the JKD concepts in combat. Demos & Breakdowns of the JKD eyejab, Progressive Impact Training, energy training on a larger opponent & power development. #VT0660A List: \$59.95 I&I: **\$49.95 each**

Set of 6 \$240!

SMALL CIRCLE JUJITSU

by Professor Wally Jay, 10 degree

Hall of Famer covers: finger, wrist & joint locks, control-pain compliance, principles of ground-fighting & grappling chokes, effortless control and more! Only: **\$49.95 each**

#V07101A **Vol. 1 Beginning Jujitsu Techniques**

#V07201A **Vol. 2 Judo/Small Circle Techniques**

#V07301A **Vol. 3 Grappling Techniques**

THE DEFENSIVE EDGE

by Ernie Franco

Practical techniques for defensive use of knives in personal protection and proven methods against retention (how to protect against disarming attempts), Close range counter, parries & deflections. 40 minutes each.

#VT0510A **Volume 1** #VT0520A **Volume 2**

I&I: \$39.95 each **Set of 2: \$69.95**

PRO LOCK PICK...

COMPLETE LOCK PICKING

2 hour video with hundreds actual, on-site trick techniques to get in any building, open any lock or safe and enter any car. VHS.

#V06001A List: \$99.95 I&I: **\$89.95**

EXPERT LOCKPICKING

Top Lock Picking Secrets! Ron Reed, winner of the prestigious California Locksmith Championships shows how to use hand picks, rakes & pick guns on locks by Best, Chicago, Kwikset, Schlage, etc. Learn which picks work best on

which locks, how to modify picks to improve performance, shortcuts & more!

#V06101A **\$59.95**

LOCK PICKING SIMPLIFIED

Intro book explaining the basics of lock picking. Sections on pick guns, snap picks & general practice techniques. 26 pgs. #B01000A **\$6.95**

PICK KEY SET

5 tempered steel keys designed to quickly and easily open most simple warded padlocks. #LP3000C **\$9.95**

MAJESTIC LOCK PICK SET

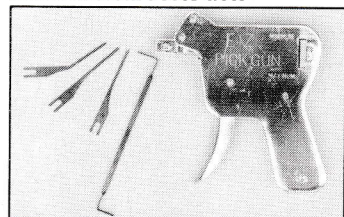
Our most popular set! Includes: rake & feeler pick & tension wrenches: 8 tempered steel tools in a black leather pouch. Made in U.S. #LP2000C **\$24.95**

DELUXE LOCK PICK SET

Set of 7 hardened steel picks with metal handles, 1 heavy-duty & 3 regular tension wrenches, key extractor and 5 piece pick key set for warded padlocks. Black case. #LP5000C List: \$49.95 Only: **\$39.95**



MECHANICAL PICK GUN



Heavy-duty law enforcement device designed to quickly pick pin/ tumbler locks. Complete with 3 pick needles, tension wrench and brief instructions. #LP1000C **\$59.95**

Send Payment To:



I&I SPORTS

MARTIAL ARTS SUPPLIES & ACCESSORIES

1524 West 178th Street • Gardena • CA 90248-3204

Name _____ Phone (_____) _____

Address _____

City _____ State _____ Zip _____

Qty.	Item #	Description	Cost	Total

DEALERS INQUIRIES WELCOME!

Ordering by Phone:

- Open 7 days a week from 9 AM to 8 PM Pacific Time.
- Charge by your Visa, MasterCard, American Express or Discover Card. Minimum order is \$20.00

Ordering by Mail:

- Send your complete order form to our address listed above.
- Money order & cashier's check orders are shipped immediately.
- Personal Check orders may be held for 3 weeks.
- Do not send cash thru the mail.
- No minimum order required.

Shipping:

- Surface UPS or Parcel Post)
- All Orders Less than \$100 add \$7.50
- U.S. Priority, Insured Mail (2-3 working days) .. min. \$11.00
- UPS Select Delivery (3 working days) min. \$11.00
- UPS Blue Air Delivery (2 working days) min. \$13.00
- UPS Red Air Delivery (1 working day) min. 26.50
- (Additional for HI, AK, P.R. & Heavy Items)
- Foreign orders add 20%

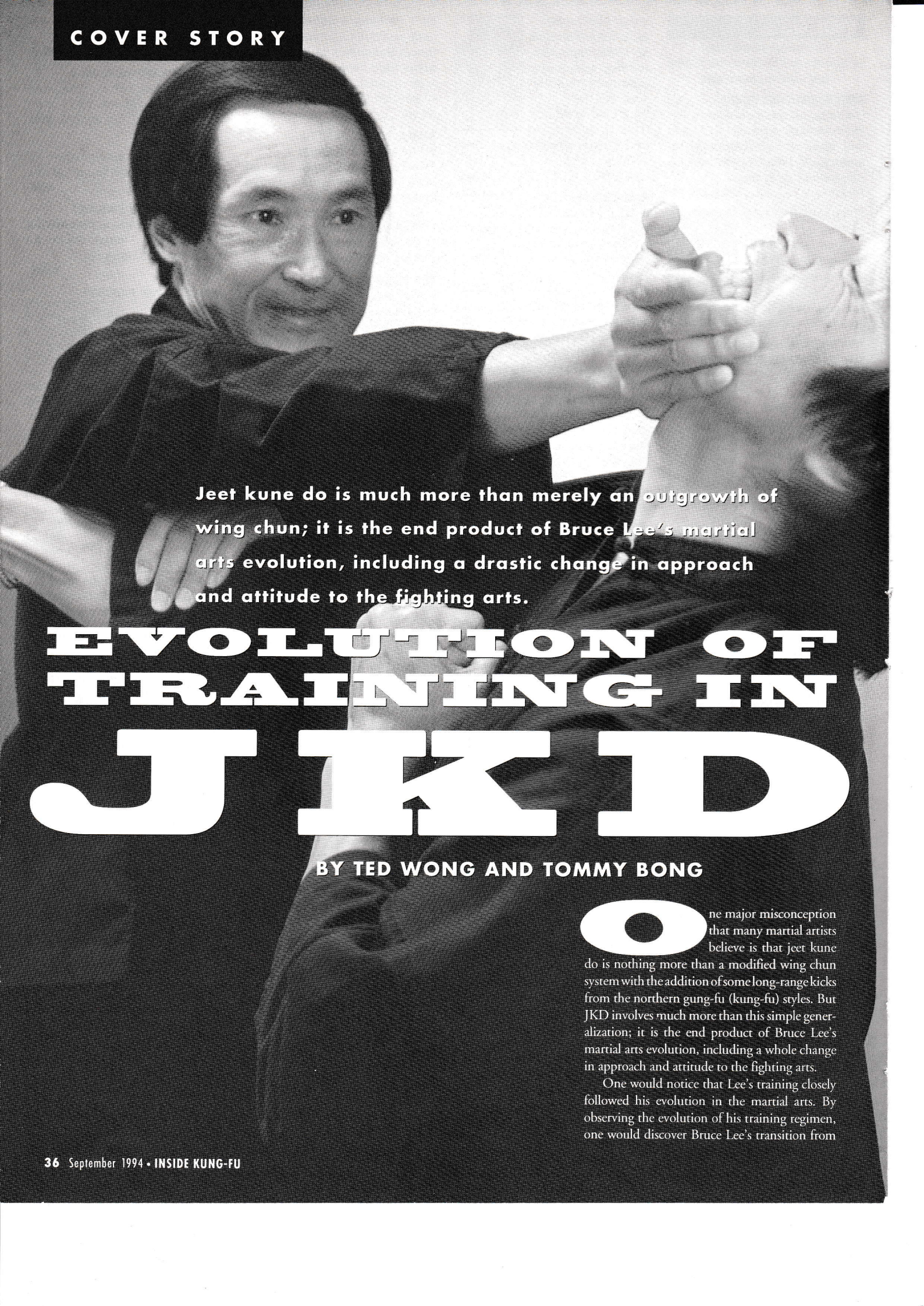
Signature _____

Date of Birth _____

I certify that I have checked the legality of these items in my area, am of the legal age to purchase these items and relieve I & I Sports Supply Co., Inc. of any & all responsibility.

CHARGE IT! 7 DAYS A WEEK! TEL: 310•715•6800 FAX: 310•715•6822

KNIVES & MARTIAL ARTS SELF-DEFENSE EQUIPMENT NOT SOLD TO MINORS OR WHERE PROHIBITED BY LAW.



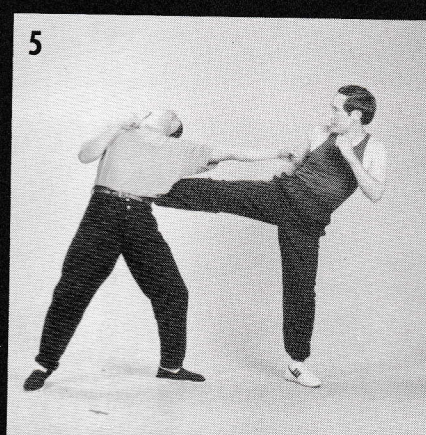
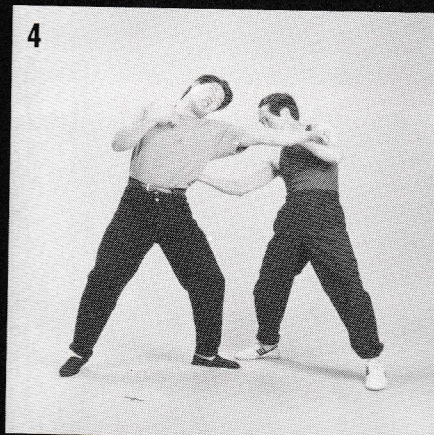
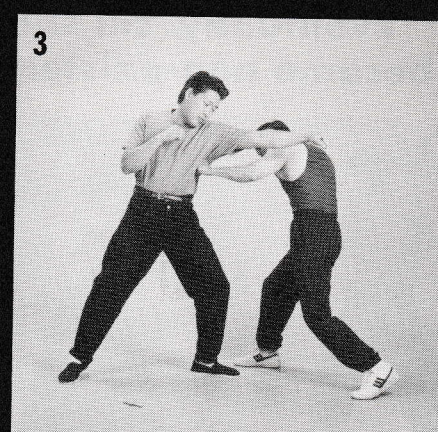
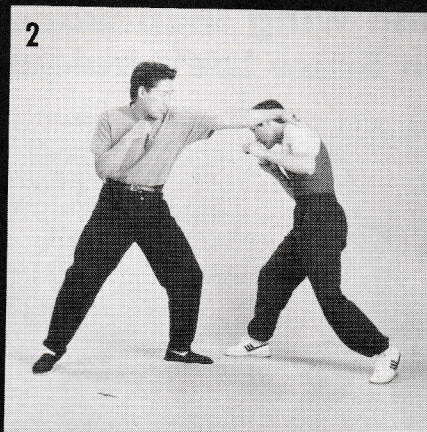
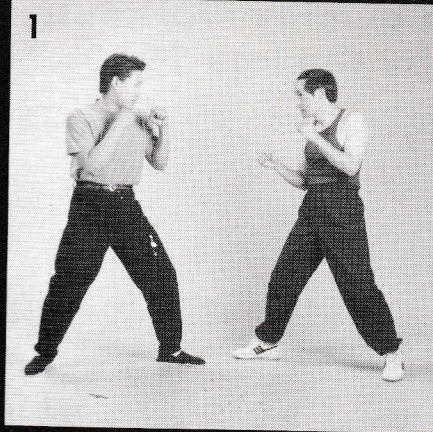
Jeet kune do is much more than merely an outgrowth of wing chun; it is the end product of Bruce Lee's martial arts evolution, including a drastic change in approach and attitude to the fighting arts.

EVOLUTION OF TRAINING IN JKD

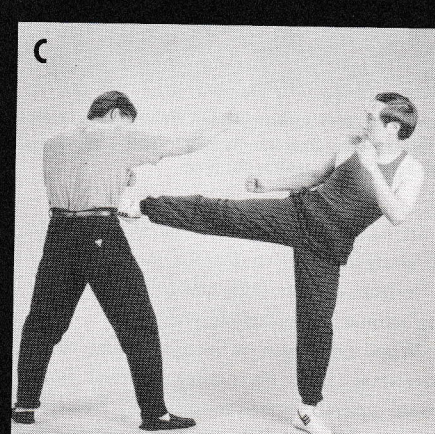
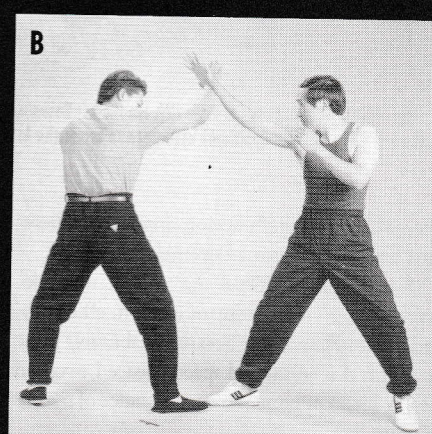
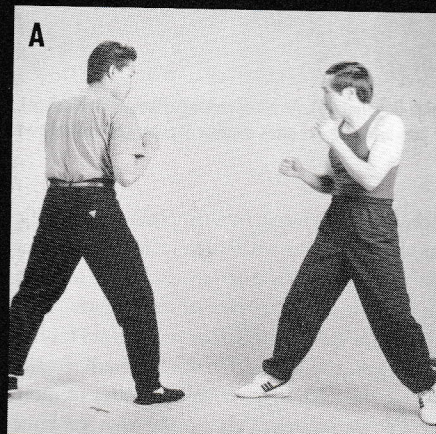
BY TED WONG AND TOMMY BONG

One major misconception that many martial artists believe is that jeet kune do is nothing more than a modified wing chun system with the addition of some long-range kicks from the northern gung-fu (kung-fu) styles. But JKD involves much more than this simple generalization; it is the end product of Bruce Lee's martial arts evolution, including a whole change in approach and attitude to the fighting arts.

One would notice that Lee's training closely followed his evolution in the martial arts. By observing the evolution of his training regimen, one would discover Bruce Lee's transition from



From the on-guard position (1), the defender slips (2) a left front punch. The defender then executes a rear cross (3) to the body and a shovel hook to the midsection (4). He follows with a hook kick to the attacker's back (5).



Below: From the on-guard position (A), Ted Wong (right) executes a high fingerjab at his assistant, Bruce Wong (B). His assistant attempts to block. Ted then executes a front hook kick to the midsection (C).

wing chun to jeet kune do, thereby understanding where Lee came from, where he went, and where he might have gone had he lived.

WING CHUN PROWESS

When Bruce Lee came to the United States, he continued to diligently practice the wing chun techniques he learned in Hong Kong. Through his perseverance, he attained a high level in wing chun and became an exceptional practitioner of the art. At the time, Lee stayed true to the traditional training in wing chun by performing the wing chun forms many times, by practicing chi sao and many trapping drills with partners, and by working on the wing chun wooden dummy.

He also spent time on developing the strength in his upper body required to trap effectively.

Increasing the strength in his arms and shoulders would help Lee perform chi sao more effectively. This included weight training to increase his forearm size and wrist strength utilized in the wing chun short-range punch as well as doing fingertip push-ups for the wing chun fingerjab technique. Through his understanding that chi sao was used to cultivate a constant energy flow, Bruce Lee also performed some isometric exercises that would develop this flow.

It should be mentioned that although he professed that the strong side of the body should always be in front during a confrontation because of the advanced positions of the limbs, Bruce Lee taught that both the left and right sides would both be cultivated for combat.

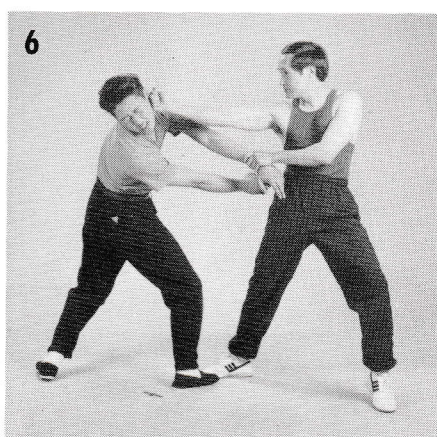
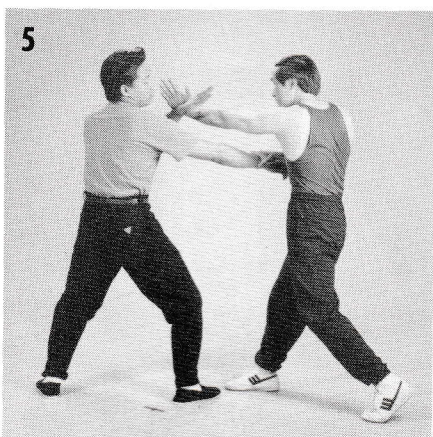
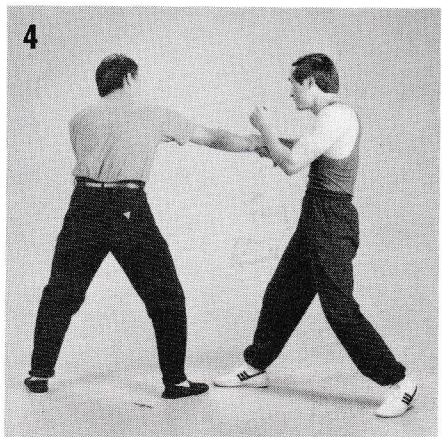
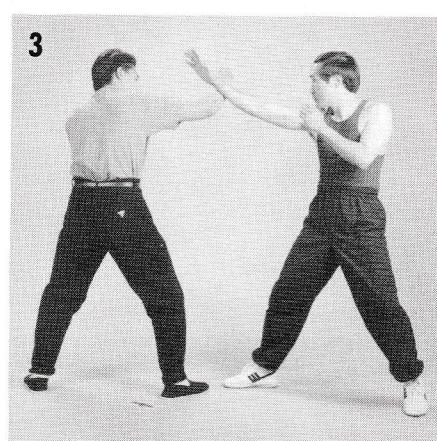
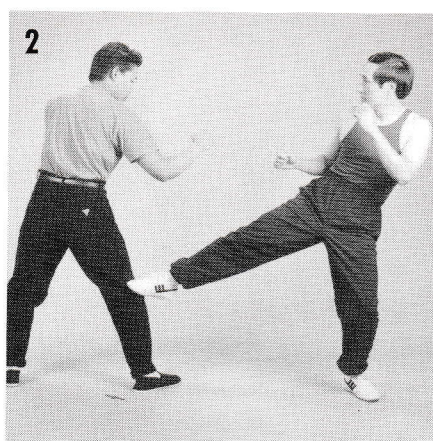
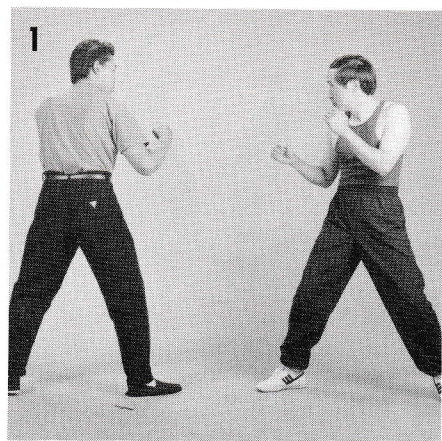
This was because an unexpected fight may

occur while the practitioner is in any position. In addition, jeet kune do endorses the coordination of the whole body, including the arms and shoulders, to move as one unit so maximum power can be achieved relative to one's body size and weight.

DIFFERENT WORKOUTS

After his famous altercation in Oakland during the mid-1960s, Bruce Lee found himself unusually winded, thus he increased his endurance workout by running more, using the stationary bicycle, jumping rope, and shadowboxing. At the same time, Lee began to change his approach to the martial arts, and this reflected in his training. One example is that with his new emphasis on adaptability, realism, and functionality, Bruce Lee de-emphasized the practice of pre-arranged

"Eventually, chi sao and wing chun wooden dummy workouts became non-existent in Bruce Lee's training by the late 1960s."



From the on-guard position (1), Ted Wong (right) executes a low stop kick to the opponent's knee (2). He then follows with a high fingerjab (3). As his opponent attempts to block (4), he then executes a lop sao. He follows with a left rear punch to the head (5). As the opponent attempts to block the left rear punch, Wong executes another lop sao (6) and follows with a right front punch to the head.

forms training, since it did not effectively and efficiently prepare a student for combat.

Instead, contact drills and full-contact sparring became increasingly important.

When Lee began to integrate some of the longer-range kicks, his training emphasis moved toward general physical conditioning for overall body strength and stamina since kicking would be more taxing on the cardiovascular system. As kicking was to be used more often, leg strength became particularly important, so kicking the shield, doing leg raises and squats with weights, and stretching for flexibility became regular exercises. Furthermore, as Bruce Lee became more and more *influenced* by boxing, many of the training and conditioning exercises from that sport became heavily adopted such as using the heavy bag, the top and bottom bag, and the focus pad. However, Lee would not only use these devices with hands, but also his feet.

With Lee's emphasis on longer-range fighting, distance and mobility became key issues. Countless hours were spent on developing smooth and rapid footwork to bridge and maintain distance, thus allowing Lee to quickly get in and out of a confrontation. Drills were used that developed one's chasing ability so that one could

effectively catch one's fleeing opponent. Therefore, speed also became extremely important.

Such issues as initial movement, non-telegraphic motion, economy of motion, efficiency, and the lead hand/foot became vital in jeet kune do. With this additional speed, Bruce Lee could clearly hit an opponent from a distance of six feet or more.

ANOTHER DIRECTION

Thanks to this emphasis on other fighting ranges, Lee began to taper his wing chun training more and more. For example, since he sought to increase his skill in the other combative ranges besides the trapping range (kicking, punching, and grappling), Bruce Lee would naturally begin to practice wing chun less frequently. Eventually, chi sao and wing chun wooden dummy workouts became non-existent in Bruce Lee's training by the late sixties.

Along with working on certain techniques such as the front hand lead punch and the side-

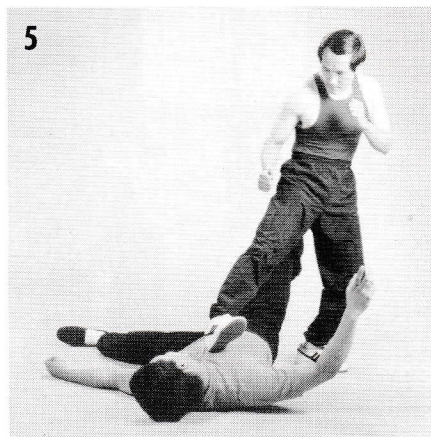
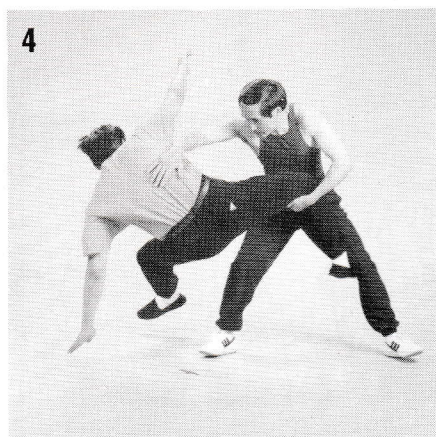
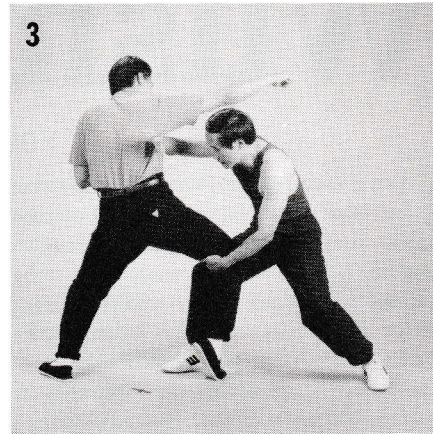
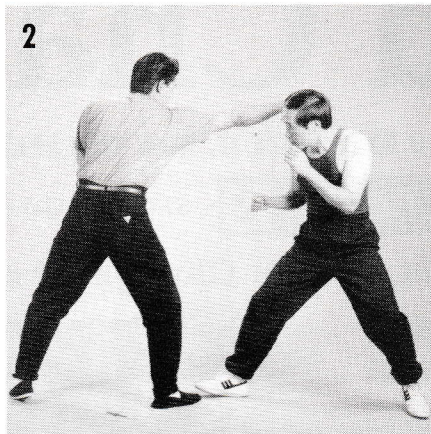
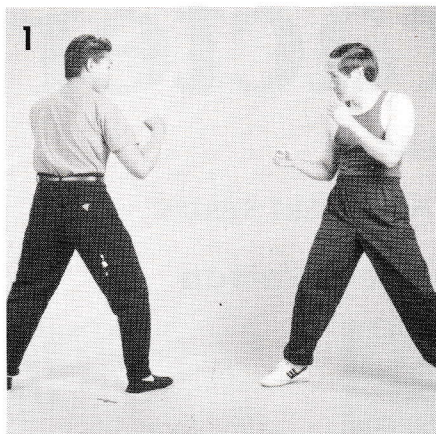
kick, Bruce Lee began to isolate and work specific muscles that were used in these techniques, so that the training became more specialized to increase the performance of particular techniques. Next, Lee would consider different possibilities for improving the techniques. Finally, he would actually change the technique to make it better or more versatile for himself. This is really what jeet kune do is all about: the self-discovery of one's self through the process of simplification.

Bruce Lee never adopted another martial art (technique or training method) simply because it was good, but rather if it complemented what he was already doing. In addition, if Lee adopted something from another martial art, he would have modified it so much to fit him that it would not resemble the original art at all. If Lee had lived, he would most likely have developed exercises and training methods that would help him maintain the peak physical condition that he earlier achieved.

Bruce Lee stressed simplicity in his fighting. It is not how much knowledge or how many tech-

Ted Wong was a private student of Bruce Lee's in the late 1960s and early 1970s, and is one of the highest authorities on jeet kune do. Tommy Gong is a student (and certified instructor) under Ted Wong. They are available for seminars and workshops. You can contact them at JKD, 200 North 2nd St., Patterson, California 95363.

"Countless hours were spent on developing smooth and rapid footwork to bridge and maintain distance, allowing Lee to quickly get in and out of a confrontation."



From the on-guard position (1), the defender (right) slips a right jab (2). The defender then executes an elbow strike to the midsection (3). He follows with a left leg takedown (4) and a kick (5) to the opponent's head.

niques one knows that will make him a better fighter, but rather how well one can use this knowledge and these techniques. What Bruce Lee called "hacking away the unessentials" was his way of streamlining his fighting arsenal to its bare essentials. This was to cut down on the confusion that one encounters when trying to figure out what response would be most appropriate to a given situation.

As a result, one would notice that JKD has very few techniques in its arsenal when compared to other martial arts. Jeet kune do is all about doing what is instinctual and natural. It is simply about being yourself.

EQUIPMENT TRAINING

Bruce Lee was one of the first martial artists to utilize many pieces of training equipment to hone his combative skill. In line with his convictions that realistic training and sparring were the most effective ways of cultivating fighting prowess, Bruce Lee sought training devices which would allow realistic practice and drilling.

Effective training equipment would be able to continually withstand Lee's full-power kicks and punches without breaking or falling apart, giving Lee the appropriate "feeling" when he hit it, while allowing Lee to use it with a partner so that a

human element was involved.

Bruce Lee felt that the standard heavy bag is one of the best pieces of training equipment for developing power, stamina, and conditioning. He also had an extra-large heavy bag so that he could develop even more tremendous power by throwing full-power kicks into it. Lee would often hold the kicking shield for a new acquaintance who was unaware that Lee would later want to kick the shield.

Another way that Lee conditioned the body was by receiving blows from the medicine ball. The speed bag and the top and bottom bag were used to develop rhythm, timing, and distance in Lee's punches and kicks. Another of Lee's favorite pieces of training equipment was the focus gloves because it requires the use of a partner, it is extremely versatile, and it develops great accuracy in punches and kicks. He even punched paper suspended by a string to increase his timing and accuracy. Lee also constantly conditioned his hands by punching his small straw pad, his gravel and sandbox, and his famous three-canvas bags.

The men who were principally responsible for building much of the innovative equipment were James Lee, George Lee (in Oakland), and Herb Jackson (in Los Angeles), all of whom were Lee's students. George Lee and Herb Jackson built and

modified most of the mobile equipment that Bruce Lee used, such as the protective gear, focus gloves, and various kicking shields. Bruce Lee used three kinds of kicking shields: a modified football tackle shield, a kicking board made of wood with handles attached to the back, and a thick, five-foot tall wooden shield that was held with seatbelts over the shoulder. Jackson, a construction engineer, padded the back of the latter kicking shield so that the person holding the shield would be protected from Bruce Lee's powerful kicks.

James Lee, a welder by trade, ingeniously utilized heavy automobile parts in the unique training equipment he built so that they were durable and flexible. For instance, his so-called "thousand-way fighting dummy" was supported by a strong spring from behind so that it would spring back after being kicked. His use of springs on the arms of his modified fighting dummy, on his finger jab and head target devices, and on his foot obstruction and shin-kick apparatus made it so that the targets would be flexible and bend, thereby giving a more realistic *feeling* on the equipment. With all of the additional realistic training that Lee received from the use of his equipment, it is no wonder that he obtained such unmatched fighting skill.

IKF

Wushu Character

HOW TO RECOGNIZE IT, HOW TO CAPTURE IT

PART 2

SECOND OF A THREE-PART SERIES

By Dr. Wu Chengde And Greg Watson

In my previous article, I stated that there were four main reasons for beginning the practice and study of Chinese martial arts (wushu/kung-fu). I prefer the term wushu (not to be confused with contemporary wushu). Wushu literally means martial art. This includes traditional wushu (what people in America call kung-fu) and the standardized contemporary wushu. In fact, to be 100 percent precise, I should say Zhong Guo wushu (Chinese martial art) since European or Western boxing would be Western wushu. The four reasons are:

1. To strengthen the body and improve health;
2. To develop character;
3. To study an art form/science;
4. To develop self-defense abilities.

CHARACTER DEVELOPMENT

In the first article, I explained why the first emphasis was on health and strengthening the body. In this article, I will explain why the next concern in practicing and studying wushu should be character development.

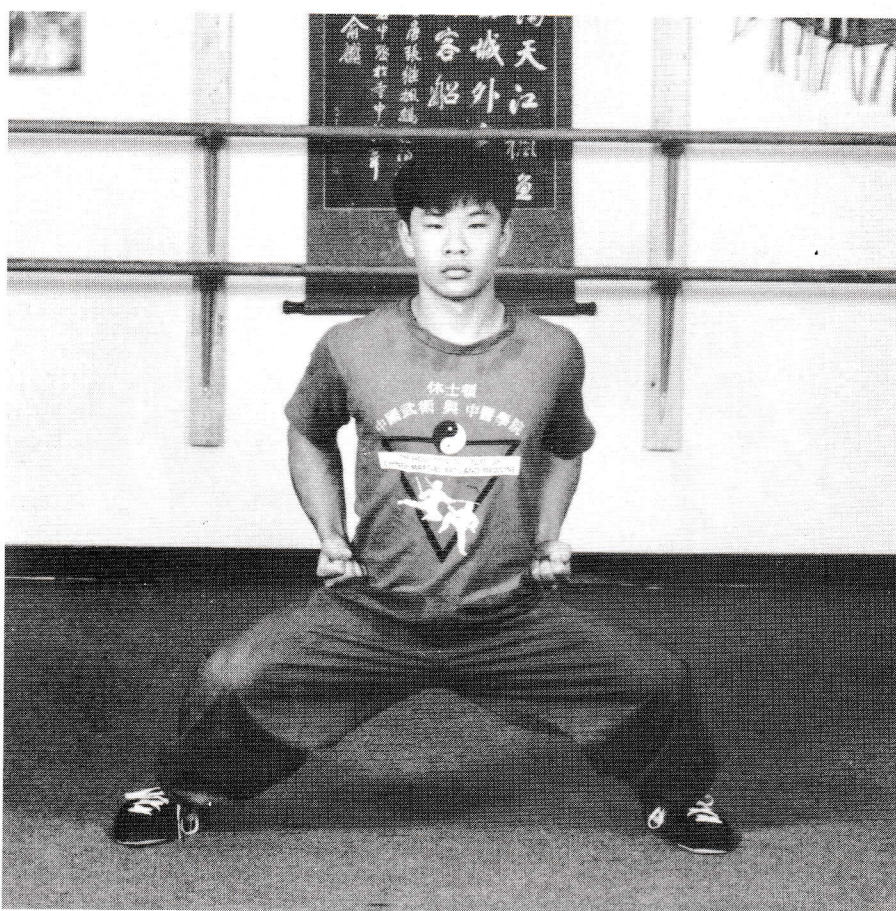
CHARACTER—THE OFTEN-OVERLOOKED TRAIT

Anyone who has ever made a study of classics in Chinese literature such as *Outlaws of the Marsh* or *The Tale of the Three Kingdoms* will undoubtedly be struck with the recurrence of the martial hero in Chinese literature and culture. In these classics, the martial hero was known not only for his fighting ability, but also for his strength of character.

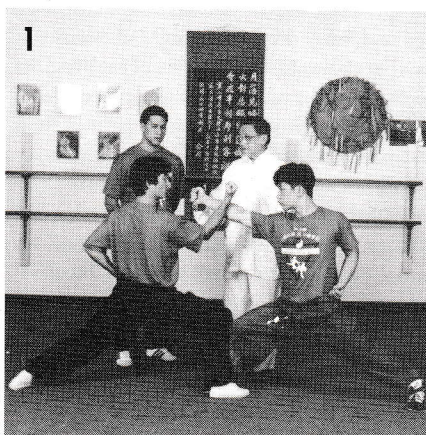
In Chinese culture, the character traits of bravery, decisiveness, perseverance, quick-wittedness, benevolence, chivalry, loyalty, honesty, insight, wisdom, and cleverness or intelligence are prized. In fact, it is these qualities that distinguish the true martial hero from the millions who merely practice the art.

Ideally, the training of the student's character begins even with the selection of the student. Notice I said the "selection" of the student, *not* the selection of the teacher. The initial responsibility and choice lies with the teacher. This is one concept that many Americans find disturbing. After all, if a person can afford the price of instruction, has the time and the interest, why should he not be given the instruction? This is a reasonable idea in a situation where there is a fee for service and a school business scenario.

Traditionally in China this was not the case. Although there may have been a fee for instruction, the pairing of teacher and student is more



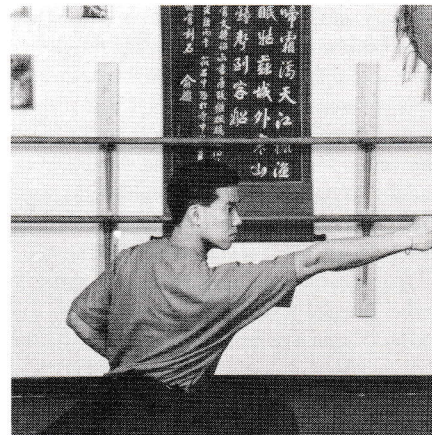
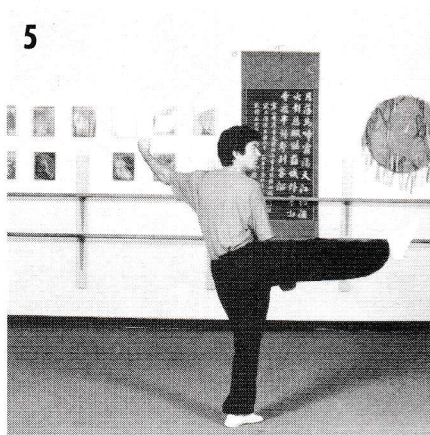
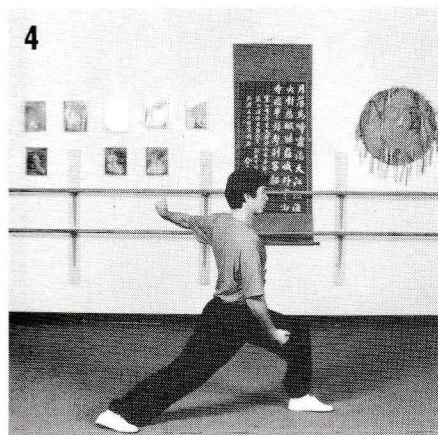
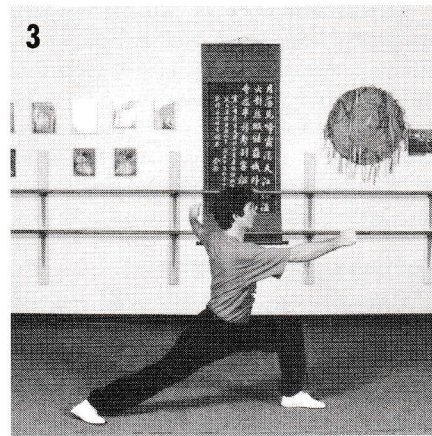
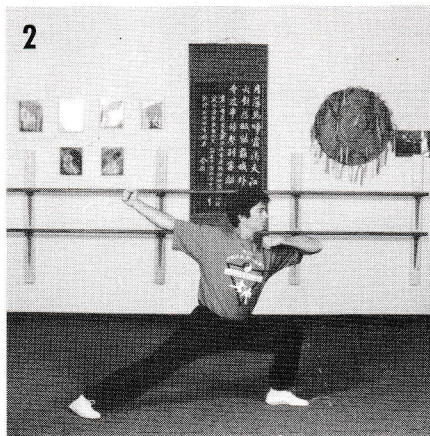
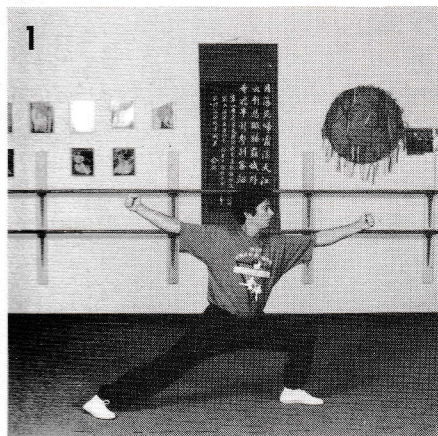
Ma bu or horse stance training was often used as a test of character. The serious student would persevere while others would give up or train half-heartedly.



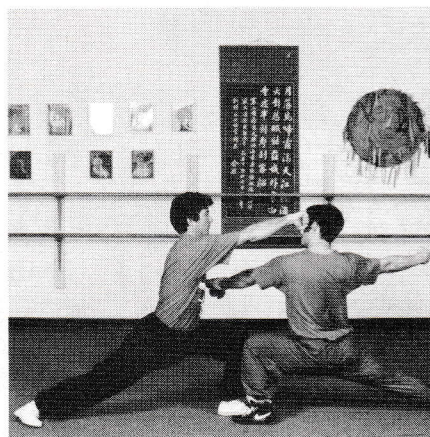
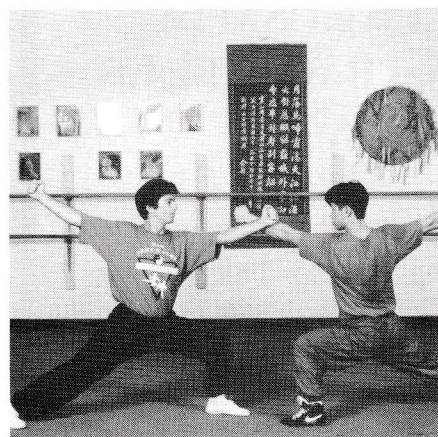
Dr. Wu instructs students on the application of techniques.



"Wushu training under a good teacher includes encouragement and training to not only avoid carelessness but also to develop courage."



Above (1-5): Techniques such as yi lu tan tui (the first tan tui exercise) train balance and correct technique. At beginning stages, the applications and training methods are not discussed. This is where self-examination must come into play. Below: The application of yi lu tan tui.



considered and deliberate. One of the reasons is that the training can be difficult and long. An accomplished teacher would prefer spending time teaching a student who may not necessarily be the best at technique, but be an example of the virtues and morality that embodies wushu and Chinese culture.

Also, viewing wushu in perspective, teaching a student who is disloyal, dishonest, of quick temper, brutal, or who has a tendency toward

violence is not that different from giving an unstable person a loaded gun. While the responsibility for any injury lies with the person who did the damage, the person who supplied the gun cannot escape a portion of the blame. Likewise, a poor student reflects on the morality and quality of the teacher. (In China, it was not uncommon for any punishment or revenge for the misdeeds of a student to be inflicted upon the teacher and teacher's family).

Dr. Wu Chengde is one of the world's most respected internal stylists. Greg Watson is a Texas-based martial artist and freelance writer.

Part of bravery training includes training spirit in all techniques. Notice the intensity in the technique.

Unfortunately, in modern times in China and America (and possibly the rest of the world), many wushu teachers ignore the moral and character aspect of teaching, choosing to view this area as something removed from the training experience.

RESPONSIBILITY

One of the first areas of character and morality for wushu is responsibility. This can be broadened to the concept of chivalry. Chivalry includes bravery, gallantry, courtesy, and honesty (gallantry meaning nobility of spirit and deeds). The wushu master has a responsibility in choosing students and in teaching them chivalry. The student learns the responsibilities that accompany studying a martial art.

Another area of character development that should be emphasized in wushu training is perseverance and discipline. A qualified wushu master looks for the seeds of discipline and determination in potential students. Discipline is necessary to excel in any endeavor but is absolutely essential for wushu. Likewise, perseverance is required. It is not unusual for a student to improve rapidly for a while and then level off. This is where the teacher must coach in areas of discipline and perseverance. Without this type of instruction, even very talented students may give up and quit. Only with such encouragement will the student persevere,

improve, and learn the lessons of patience, discipline, and hard work. These lessons then can be applied to life.

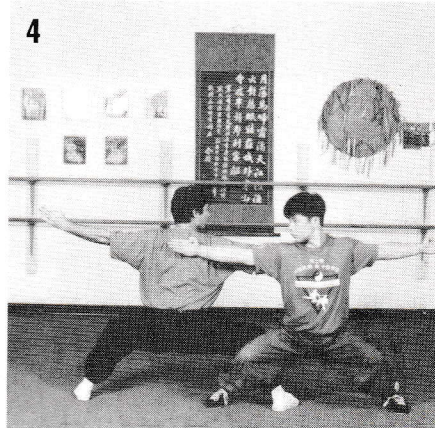
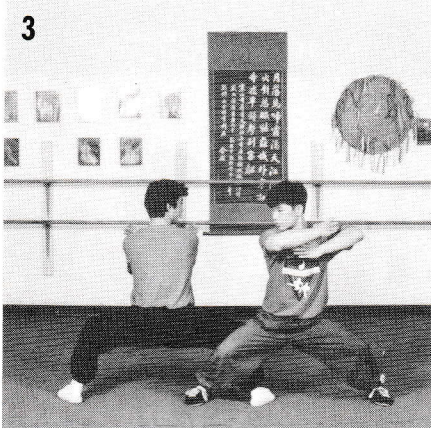
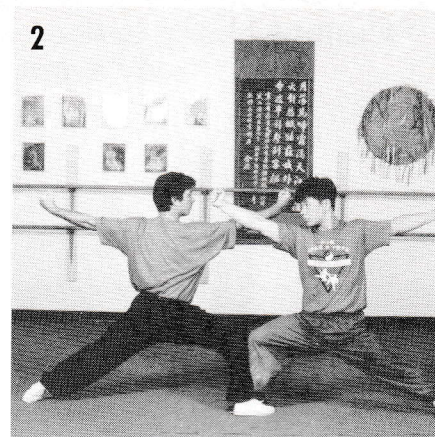
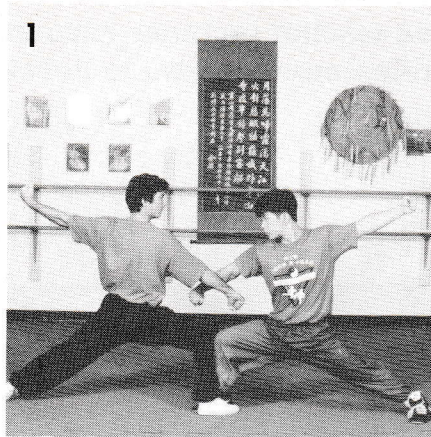
Through hard work and patience, it is then possible to develop insight and wisdom. It is for this reason that many wushu masters speak very sparingly of the fighting application held in many of the routines a student may learn and practice. A saying in China proclaims, "Learn fast, forget fast." Combined with the Western saying, "Experience is the best teacher", this captures the idea.

DISCOVERY AND INSIGHT

A competent wushu master could easily explain everything about a routine or the theory behind a system. How valuable would that really be, though? Things that come too easily are often not highly prized. Answering a riddle for someone deprives him of the exercise and experience of self-discovery and insight. This is truly one of the major benefits of wushu practice. It is the goal of many accomplished wushu masters to train students to exceed the teacher. In China this is referred to as "the green coming from the blue" (this comes from sword smithing where swords made by a certain famous sword smith had a green shine. This smith's student produced even finer blades. These were noted by their blue shine).

Another character trait developed through wushu practice is bravery. In any martial endeavor, it is good to be deliberate and careful. In

Continued on page 99



Techniques such as these are used to train the body for the punishment encountered in wushu training, fighting sets, and san da (free fighting).

Saturday & Sunday

**Guro Dan Inosanto
Two Day Seminar**

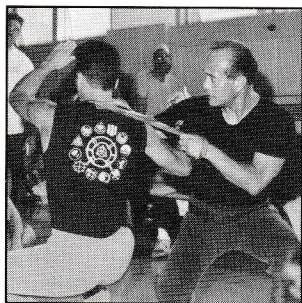


Saturday Evening

**Live USMTA
Thai Boxing Fights**

FALL SPECTACULAR

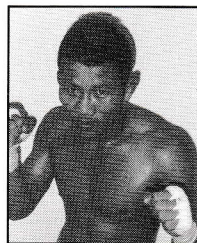
October 1 & 2, 1994



Guro Dan Inosanto

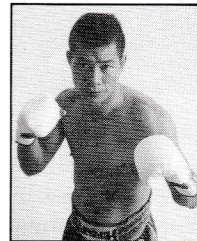
He is the man personally chosen by Bruce Lee to carry on the teachings of Jeet Kune Do. His remarkable ability, communicative skill, and warm personality have prompted martial artists to travel the world over to meet him. He has studied over 20 methods of Filipino Martial Arts, as well as studying with many martial arts experts. His incredible ability and charismatic personality will amaze martial artists of all levels. Don't miss the opportunity to train with this great martial arts legend.

Featuring Two Pro Title Defenses



Bunkerd Faphimai
Bantamweight Champion

Kasem Kanthawong
Lightweight Champion



DON'T MISS THIS EXCITING MARTIAL ARTS WEEKEND!

For complete information, contact Bill Gebhardt at **(814) 237-KICK**

Proudly Presented by



State College Martial Arts Academy

412 W. College Ave., State College, PA 16801 • **(814) 237-KICK**



BRUCE LEE

The Legend Continues

SPECIAL COLLECTOR'S EDITION NO. 2

MARTIAL ARTS LEGENDS

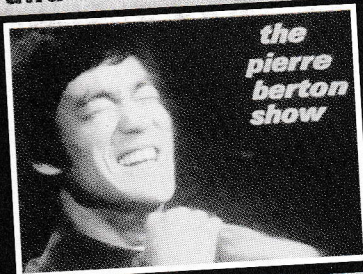
PRESENTS

BRUCE LEE

MAGAZINE

\$4.95 US
\$5.50 in Canada
£2.50 UK
K47436
DISPLAY UNTIL
SEPTEMBER
1994

From the Editors of *Inside Kung-Fu*
and *Inside Karate* Magazines



**Bruce Lee:
The Lost
Interview
Is FOUND!**

**Enter the
Dragon!**

Robert Clouse,
Bolo Yeung,
Lalo Schiffrin
Remember
Making of
Martial Epic!

**Is JKD Getting
A New Leader?**

Joe Lewis May Be Next!

**In the Stars!
Was
Brandon's
Fate Sealed
At Birth?**

**Seattle,
Oakland!
Discover
Where**

A Special Collector's Edition

An entire issue devoted to the "Little Dragon": Bruce Lee's lost interview • "Enter the Dragon" articles on director Robert Clouse, Bolo Yeung, and composer Lalo Schiffrin • The Seattle and Oakland days of JKD • Bruce Lee collectors' guide • Dan Inosanto, Joe Lewis, Robert Lee, Shannon Lee, Brandon Lee, and much more!
BLEE02

Send Check or Money Order to:

CFW Enterprises, Inc./MARTIAL ARTS LEGENDS No. 2
4201 Vanowen Place, Burbank, CA 91505

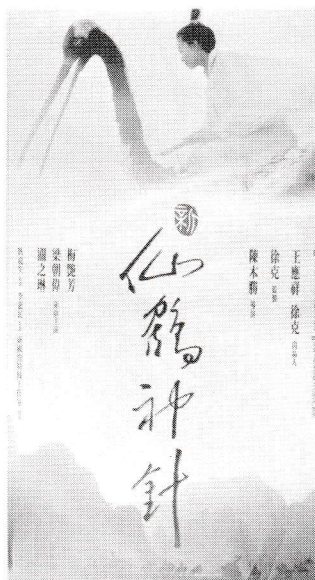
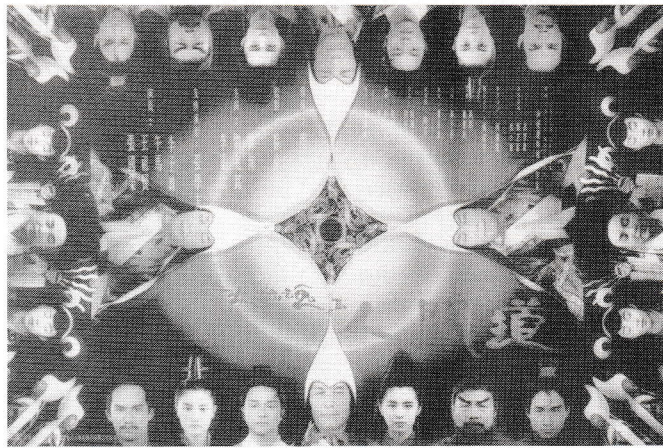
Name _____

Address _____

City _____ State _____ Zip _____

Send \$4.95 + \$2 fo shipping and handling (\$6.95 total). CA residents send \$7.95
(This includes sales tax and shipping).

EXCLUSIVE!



"...The unabated pleasure and exhilaration of moviegoing is reborn close to its purest form—fun."

Clockwise from upper left: Bridgette Lin Chin Xia in *Swordsman III*; a *Chinese Ghost Story II* poster art; Sam Hui with sword in *Swordsman I*; a poster from the movie *White Crane*; and Donnie Yen (left) with Jet Li in a scene from *Once Upon a Time in China II*.

Without the soles of her high-heeled, black suede boots touching the ground, she grimaces and lands into a full front split as several darts, propelled by her neck's twisted snapping motion, fly from her hair. The darts fall harmlessly to the ground and her intense emotion covers the pain trying to invade her expression. All is silent as her body remains frozen in an awkward position. A screaming voice pierces the night sky, "CUT!"

Mortified silence looms in the hearts of many. But tonight my attention is glued to Tsui (pronounced "Choi") Hark, who has just orchestrated one of his patented mood-setting, action short shots on the set of *Once Upon a Time in China V*. His subliminal style of visual imagery can jolt a movie audience into feelings of unabashed pleasure and ecstasy. Again I found myself in a position to further my understand-



ing of Chinese film and Chinese methods of fight choreography, but from opposite sides of the railroad tracks from Jackie Chan.

HITTING THE LIMELIGHT

Looking down from the mountain-located Anderson Hill studios,

one is easily hypnotized by the well-lit, slow-moving boats ambering through Victoria Harbor, which is nestled between Hong Kong Island and Kowloon. But tonight my attention is glued to Tsui Hark. His lurid ghost thrillers, bloody rollicking gangster epics, and fast-paced supernatural-powered hero films have vaulted him into the American limelight.

A small statured man, he is a giant in the film industry. Nearly 43, his most conspicuous features are his thick tattered hair, curiously arranged facial growth and a gentle perpetual scowl. His intensesness creates perfection; he demands a lot from his film crews and even more from the talents that accept his challenge and venture beyond mediocrity under the auspices of his Film Workshop Company. One of Tsui's most widely known semi-creations is John Woo, who has recently made the leap into the American scene with his film, *Hard Target*, transcending to new levels because of his mentorized association with Tsui.

"There are two ways to get involved in the Chinese film industry," he explains. "One is that you work hard as a continuity person, stuntman or some sort of an assistant in a studio here in Hong Kong or you go overseas to film school. I always wanted to study film, I was so bored after Hong Kong high school that I decided to go to America and study film."

Dr. Craig D. Reid frequently has written on the Hong Kong film industry for Inside Kung-Fu.

KUNG-FU SOAP OPERA

Returning to Hong Kong, his 1978 mini-series, kung-fu soap opera "The Gold Dagger Romance" was accoladed as one of the most important works in the history of Hong Kong television. His unique camera style, storytelling and vivid choreographical creations changed the direction of Chinese television and is still the standard by which new action TV shows are compared.

"When I returned to Hong Kong, the industry was changing and money was available to replace the old-generation filmmakers," he notes. "It was first easier to break into TV and make those traditional style 'lian xu zhu' Chinese television kung-fu soap operas."

His first film, *Butterfly Murders* (1979), contained peculiar plot elements mixed with political allegory. It was about a group of people trapped inside a medieval castle and threatened by killer butterflies.

But it was his fifth film that was to make cinematic history and change the direction of Hong Kong action-style martial art film. *Zu, Warriors From Magic Mountain* (1983), became an instant classic for its techniques, cinematography and wild and wooly action. Tsui's unusual frenetic-paced style of action rocked him into a new era of filmmaking.

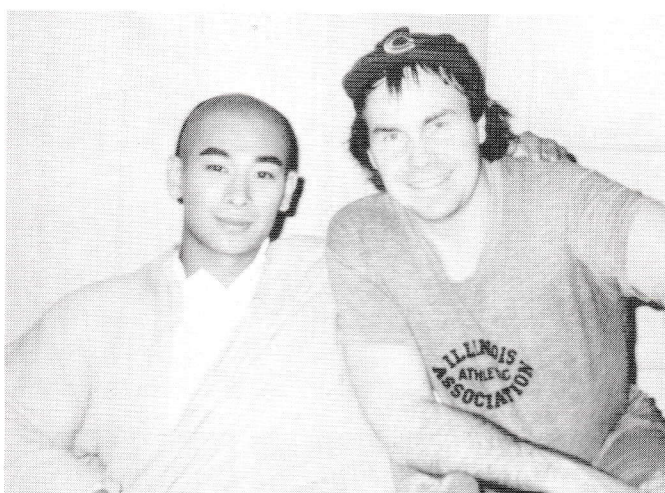
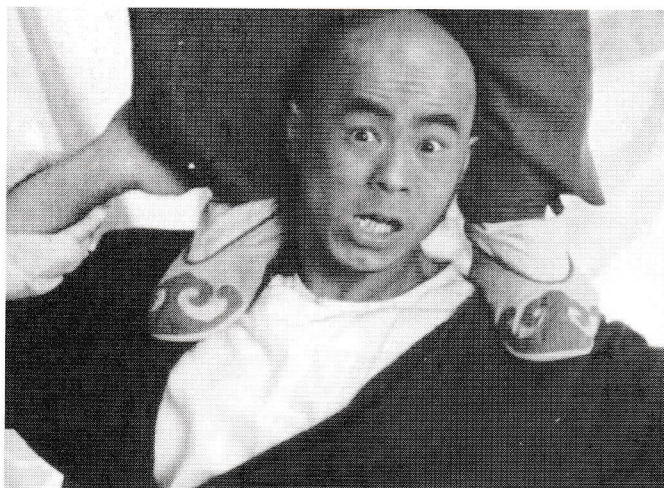
To appreciate Tsui's newly created action-film genre, it is helpful to understand how action fight films evolved in the Hong Kong movie industry.

Originating in Shanghai in the 1920s, the first of these action-packed screen dramas called Wu Xia Pian (Hero films), drew liberally on traditional tales and legends of superhuman swordsmen and magical feats. By the late 1960s these films became known as Gung-Fu Pian (Kung-Fu films), where the characters fought with more believable skill levels. Bruce Lee and Jackie Chan brought this style of picture to new levels.

NEW HONG KONG STYLE

In the 1970s, Shaw Brothers financed the creation of the "Guo Shu Pian" (Neo-Hero films), which eloquently mixed the fights of the wu xia and gung-fu pians. When Chan moved to Golden Harvest, the gung-fu pian died and was replaced with his newly invented style, Wu Da Pian (fight films using martial arts),

"These films are popular because they are so unrealistic. People live in small places within themselves, and they need a place to escape."



Jet Li's stunt double (top photo) from *Once Upon a Time in China III* Author Dr. Craig D. Reid with Zhao Wen Zhou (above) on the set of *Once Upon a Time in China V*

which combined athleticism, martial arts and dangerous stunts.

At a time when poorly made kung-fu films were singlehandedly tarnishing the reputation of an industry, Tsui waved his magic scalpel and gave Hong Kong cinema a facelift and created "Zu," the first "costume action drama" genre of film. His novel approach to the wu xia pian utilized incredible fight sequences, enhanced by elaborate aerial acrobatics, the choreographical wizardry of Hong Kong's current most sought-after fight director Ching Siu Tung's sharp editing procedures, and a flurry of camera angles that rivaled Hitchcock mixed with Spielberg's imaginative imagery that broke the rules of classical visual perception.

Set in an ancient China ravaged by opposing factions, this mesmerizing film raised the sword-and-sor-

cery genre from its hollows of selfish individualism. Fleeing the bloody battles, a young, wide-eyed warrior (Yuen Biao) is adopted by a lone swordsman (Adam Cheng), who saved Yuen from flashing-eyed, magical-flying poltergeists in a dungeonic cave far below the normal world. Together they battle the formidable demon known as the Evil One. The Evil One dispatches blood crows to invade men's souls, fighting death spirits that use lightning bolts like swords and poles, then tries to release the blood beast. It's wild and fascinating to witness. The two meet up with another young student Mang Hoy.

SPECIAL, SPECIAL EFFECTS

The students must fuse their sacred swords (i.e., the heavens and the earth), even at the risk of destroy-

ing their own identities and forfeiting their lives. With the Blood Beast and Evil One dead, the face of a Goddess fills the screen hailing their destined mission. A Godly priest (Samo Hung) then proclaims, "The young are really taking over the world," further assuring that nothing in the climax can be misinterpreted.

"I brought in American 'FX' (special effects) technicians to help us with 'Zu,'" he says. "Because the American and Hong Kong systems of filmmaking are different, I was concerned that the American technicians might have a difficult time adjusting to the Hong Kong workers and methods of filming. They constantly had arguments and didn't get along with the Hong Kong crew."

"Nine months later, during post production, I realized that about 50 shots were missing," he remembers. "Apparently a line producer, without my knowledge, had edited out the scenes from the script. I offered Golden Harvest to let me re-shoot and re-edit the project for free. They declined my offer. 'Zu' could have been a much better film, it has fast action, but it isn't a fancy film."

In 1987, Tsui further strengthened his foothold at the top by developing the sparkingly successful, box-office breaking, martial art/horror period piece, *A Chinese Ghost Story*.

"At the time I ventured into the horror genre of film, everyone believed that horror films had to have either hopping vampires, green skinned ghosts or monsters," he suggests. "But I wanted to take daily-life psychological elements and enlarge them to the point that they are scary. Plus I didn't want to emulate American films so I decided to make a horror film that Chinese audiences could relate to. Being a traditional tale, we called it *A Chinese Ghost Story*. I wanted to make a romantic love story about a female ghost falling in love with a mortal man." The film debuted five years before the similarly themed U.S. hit *Ghost*.

It was a lyrical tale of invincible demons and unrequited love. An innocent poet finds himself caught up in a monumental struggle against ubiquitous evil spirits amid his obsessive infatuation with a ghost of exquisite beauty.

"GHOST" COMES TO LIFE

The most memorable images are the swirling silk—the beautiful ghost's long sleeves spinning like a hypno-wheel as she vanishes into thin air while flying toward the heavens. An evil ghost queen commands the pretty ghost to seduce wandering swordsmen and bring them to her lair. The queen's endless serpentine tongue then hurtles through forests, plunging into the unfortunate lover's mouth while sucking out their vital fluids.

The poet is pledged to become the evil queen's next victim, yet the ghost-girl falls in love with him and with the help of a Taoist hermit (Wu Ma), they storm the gates of the underworld. The earthlings brandish sacred sutras and hurl heavenly spikes at the black hordes of demon soldiers, so that the girl can be reincarnated and returned to the world of daylight.

Tsui's ghost story movies are basically action extensions of Taoism where the spirit-battling priest believes that heaven and earth are limitless, and that a man who sincerely identifies himself with the "path of righteousness" can be every bit as powerful as the most dreaded demon. This is more visually compelling when the actor portraying these worldly priests uses nothing but his own body for the actions sequences, flouting the laws of gravity, human anatomy and common sense.

The showy displays of choreography are the whole point of the film, proving the unprovable to even the most skeptical eye. Once more the key to the smart choreography was put into the hands of Ching Siu Tung, who not only directed this film, but also two sequels.

SUPERNATURAL BALLET

Tsui next developed a successful line of supernatural/fantasy, martial-stylized, costume-action dramas. The most noteworthy of this genre that showcased wild displays of ballet-like action, combined with the mysterious rituals and supernatural powers of age-old martial art heroes and villains, was his Ching Siu Tung-directed trilogy, *Swordsman*. His *Swordsman* films pay homage to the classic Chinese swordplay epics of yesteryear, with imaginative special effects and meticulously choreographed fights scenes and acrobatics

that defy the laws of gravity.

They are great examples of film that combine entertainment with spiritual sustenance, where good battles evil and high-vaulting villains disguise themselves as champions of the lowly. Plainly speaking, it's mighty impressive looking and just a lot of fun to watch. They set sword-play action dramas in flight to new plateaus.

The culmination of this trilogy recounts (sometimes vaguely) the struggle between rival factions and individuals trying to protect or selfishly master the mystical powers described in the heavily sought-after manuscript, "The Divine Book." The role call of characters varies from superpowered eunuchs, mysterious Japanese swordsmen loyal to the main protagonist, the Invincible Fong of Asia, first as a man (Cheung Man), then as a woman (Brigitte Lin Ching Xia), and, of course, the swordsman Ling (Sam Hui in I, Jet Li in II and part of III).

In his *Once Upon A Time in China* (OUTC) series (now at V), Tsui has successfully revamped the folklore hero Huang Fei-hung into a popular legend. Huang was a real-life martial arts hero who lived in Southern China in the 1930s. He was renowned for his chivalry and righteousness rivaled only by Robin Hood of the Western World. The first three installments starred the Mainland Chinese wushu champion Jet Li.

HUANG FEI-HUNG'S RETURN

Although about 60 percent of the shots of Li was his stunt-double (he plays the character Club Foot, which was introduced in part III), Li's inexperience and striking overconfidence ended in many minor injuries which constantly held up production and eventually led to Li's departure. For OUTC IV and V, he was replaced with another Mainland China star, Zhao Wen Zhou, who has only practiced wushu for four years.

Tsui's film *Iron Monkey* portrays Huang as an infant. It features the adolescent Huang learning the art of the umbrella, climaxing with an eccentric display of pugilistic mayhem amid a blazing inferno while fighting atop curious fence post arrays.

"These films are popular because they are so unrealistic," he main-

Continued on page 100

DON'T MISS IT!
THE USAWKF PRESENTS

1994 United States National Chinese Martial Arts Competitions

AND
International Invitational
DIRECTED BY JEFF BOLT

LABOR DAY WEEKEND
SEPTEMBER 3, 4, 5, 1994
ORLANDO, FLORIDA

**KUNG FU • WUSHU • TAIJI • FULL &
LIGHT CONTACT FIGHTING • PUSH
HANDS • MUCH MORE**

- **OFFICIAL NATIONAL RANKINGS BY EVENT DETERMINED FOR THOSE COMPETITORS QUALIFYING IN A FORMAL REGIONAL**
- **GENERAL COMPETITION PORTION OPEN TO ALL COMPETITORS WHICH WILL CONTAIN BEGINNER, INTERMEDIATE AND ADVANCED DIVISIONS**
- **FINALE BANQUET AND PARTY YOU DON'T WANT TO MISS!**
- **COMPETITION AREA MORE THAN 51,000 SQ. FT.**



MARRIOTT'S ORLANDO WORLD CENTER
Resort and Convention Center

for reservations, call 1-800-228-9290

Direct: 407-239-4200, fax: 238-8777

Mention the event for special discount rates!

FOR MORE INFORMATION, PLEASE WRITE:

U.S.N.C.M.A.C.

10528 MEADOWGLEN, HOUSTON, TEXAS 77042

PHONE: 713-781-4483, FAX: 713-781-4487

PREPARING TO WIN IN FORMS COMPETITION

There's more to becoming a top-ranked competitor than showing up on the day of the event. Here's everything you need to know to become a champion.
BY BRUCE FONTAINE

You're serious about forms competition. You want to start competing and winning. Your routines are crisp, clean and fast. You've trained hard, but have done your homework?

If you're really serious, serious about winning, there are just a few more things you can do to improve your chances for success. For the smart competitor, the competition starts long before the day of the contest. It means you need to do more than just practice your forms.

Let's assume that your routines are winning material and you've trained hard and smart. We won't go into the individual training for an event; that's between you and your coach. What we will discuss are all those other things—the things you should or shouldn't do that can have a marked effect on your chances for success in all your future competitions.

The final weeks and days leading up to an event are of crucial importance. You'll have much to prepare and think about. Those little extras can cause a great deal of anxiety and stress. Which can produce additional drainages of energy and be taxing on the body. This makes the amount of rest and recuperation you get at this time of vital importance. What you

do or do not eat in those closing days can determine if you're going to feel light and energetic or bloated, heavy and sluggish.

How about your material? Is your form right for the event? How about your choice of uniform? It makes a difference! Whether or not you realize it, the minute you walk into the competition site you are being judged. How and when you warm up will determine if you're going to be ready right on time or if you'll be tired and sore awaiting your event. Knowledge of the rules or lack of them can be to your distinct advantage or disadvantage.

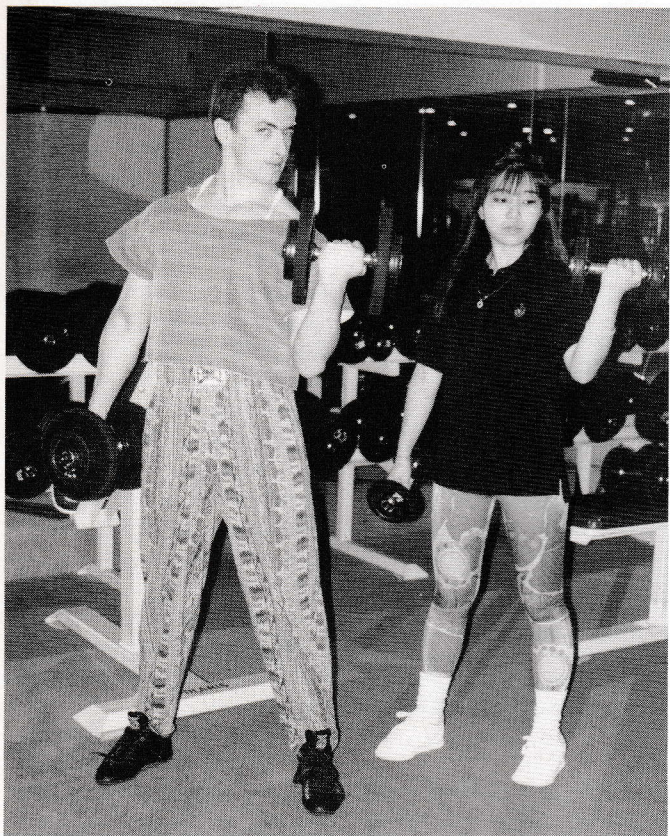
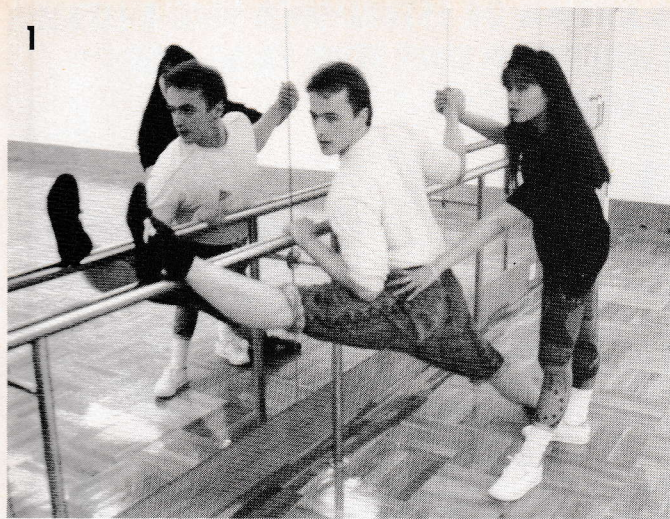
With so much to consider, you can see that training and practice is only part of the worries. So, if you don't want to be an "also ran", read on.

SUPPORT GROUPS

One way to help you deal with the difficulties of prepping for that big meet is to build a "support group" around yourself. Friends, loved ones, husband, wife, boyfriend, girlfriend and classmates. Find those you can count on to assist with all those little nuisances and worries, such as staying focused, dieting, getting enough rest and recuperation, having your uniforms, sweats, weapons and other



Winning at forms competition takes not only championship form, but also the right combination of attitude, presentation, preparation, support and encouragement.



Don't neglect or lock out those closest to you as you spend extra time training and preparing for that big meet. They might not be martial artists, but perhaps you can encourage them to take part in your stretching (1) or weight training (2) sessions. Make them part of your experience and you'll both be happier.

essentials ready for the event as well as giving emotional support and encouragement.

Often those close to you may feel shut out as you spend more time training and thinking about that upcoming meet. By including them, you make them feel a part of your experience. Cue them in and they're likely to be all that more supportive of your goals. A good support group can make a world of difference, taking the weight of the world off your shoulders and providing the neces-

sary moral support. Winning is great, but it's better when you have those around you who care to share it with you.

DIET AND REST

Rest and plenty of recuperation in the days and weeks leading up to the competition is of the utmost importance. You may be training hard and smart, but it's not smart if you're not getting adequate rest and sleep. If you overload the body with intense training and fail to get enough

"REST AND PLENTY OF RECUPERATION IN THE DAYS AND WEEKS LEADING UP TO THE COMPETITION IS OF THE UTMOST IMPORTANCE."



Uniforms, part of your presentation. You don't have to ride the crest of martial arts fashion, but your uniform should at least be appropriate for the event as well as clean and pressed. Also check for any rules regarding dress codes as some competitions may not allow T-shirts or bare-backed competitors.

rest, the body will eventually break down and you will wind up overtraining. Instead of peaking for the event, your body will be worn and tired. Don't think if you sleep really well the night before the tournament, you'll be fine. You're only kidding yourself.

If you're really serious, weeks before the meet establish a regular sleeping pattern. Rise and go to bed at the same time each day, getting between eight-to-ten hours of sleep each night. Proper sleeping patterns, coupled with a good diet, is the best way to guarantee you will be recuperated after each training session and ready for the proceeding one. Finally, the night before the tournament don't spoil all you've prepared and worked for by howling it up all night at pre-tournament parties. Win and party afterward.

The night before the event you may be subject to nerves and jitters, particularly if it is your first event. Do what ever it takes to help you relax (i.e., warm bath, jacuzzi, hot milk, soft music, reading a book, meditation whatever... just do it and retire early). Next, rise early. Scien-

tific studies have shown that the human body requires at least three-to-four hours before being fully awake and alert.

DIET

Diet, not to lose weight, but to increase performance. If you're really serious about competition, then you want to eat to win. There are good books available on the topic of diet and its relation to sport and human performance. You can find these books in most chain bookstores, libraries and health food stores. The topic of diet for sports performance could easily be an entire article in itself, nevertheless outlined here are some basic pointers for you to follow.

Following a well-balanced, sensible diet including all the basic food groups, is sound advice pre-competition or not. However, in the weeks leading up to the tournament, in particular the last three or four days, what you eat can make all the difference in how you'll feel come competition day.

In the weeks drawing up to the event you should take great care to

"UNFORTUNATELY, JUDGES TEND TO MARK A KNOWN OR ESTABLISHED FACE A LITTLE MORE FAVORABLY, WHEREAS WITH THE UNKNOWN THEY TEND TO BE MORE CONSERVATIVE WITH THEIR SCORING."



insure that you get adequate amounts of protein and carbohydrates. When engaged in heavy physical training your body requires ample protein to supply it with the raw material needed for rebuilding muscle tissue, while carbohydrates furnish your body with fuel to keep it going.

In the final days leading up to the contest your emphasis in diet should switch from proteins/carbohydrates to primarily carbohydrates. As the tournament draws closer you want to get plenty of carbohydrates to energize the body. Your diet should include lots of high-fiber vegetables and greens, as well as fresh fruits (not canned). Pastas with light sauces also provide plenty of carbohydrates for quickly assimilated energy and digest easily.

At least three days prior to the event cut out all red meats. Red meat takes a long time to digest. You don't want to be jumping around with last night's sirloin steak weighing you down. White chicken meat and fish such as tuna are okay, but you should cut these out as well at least 24 hours previous to competing. Also be sure to drink at least the recommended eight glasses of water per day; with all the extra training you don't want to dehydrate. Again, fruit and lots of it. Fruit provides quick energy without upsetting the blood sugar levels, the way refined sugar can.



If you're going for that extra magazine, remember as a forms competitor you want to leave a lasting impression. Wild weapon shots such as this drunkard's sword movement (1) or this combined flexibility jump kick (2) or this acrobatic movement (3) are more likely to be remembered than a shot of someone in a forward stance doing a straight punch. Just be sure that the photos relate to the story.

Twenty-four hours prior it is advisable to cut out highly acidic fruits (i.e., oranges, grapefruits and other citrus fruits).

Eat a light breakfast the morning of the tournament. Non-sugar cereals, fruits, brown or high-fiber breads are fine. Avoid jams, high-sugar cereals and soda pops. All have a high content of refined sugar. Also stay away from red meat—no bacon or ham steaks.

Snacking during the day of the event is fine and advisable, so long as

it is in moderation. However, snacks should consist of high carbohydrate type foods, such as nuts (not salted) and fresh fruits. Avoid the typical tournament trappings of candy bars, hot dogs and coke. Soda pop will give you a quick energy surge, but will drop you like a rock later. Instead, drink sparing amounts of water or non-acidic fruit juices.

KNOWING THE RULES

The extent of your knowledge of the rules can be a distinct advantage.

Take the time to find out, so you won't be sorry later. Are there specific rules governing things such as form content, time limits, dress code, addressing judges, for example.

The rules of "open" martial arts tournaments do differ from the "all-Chinese" martial arts events and "traditional" karate competitions. Any martial artist going from one tournament format to another would be wise to look into the rules of said event. For example, the Chinese forms event in an open tournament does not have specific rules concerning dress, time limits, and form content. However, in an all-Chinese tournament, the various styles are classified into different categories, each with distinct set of rules and regulations.

See if you have to introduce yourself. This is the standard practice at the open and traditional karate tournaments, but for the most part is waived at the Chinese-style contests. How about time limits? Standardized wushu events include a 1:20 time minimum for most of their various categories. Tai chi events have varied time limits depending on the competition. Time limits can range from two-to-three minutes and five-to-six minutes.

Often a Chinese stylist coming from the open circuit where there are no imposed time limits has to

Bruce Fontaine has been a practitioner of the Chinese martial arts (contemporary and traditional) for 20 years. He has studied with a number of top instructors, including famous Canadian wushu coach master Liang Shouyu and Canada's highest-ranking choi lee fut instructor, master Wong Ha. In 1986, as a member of the Canadian National Wushu Team, he took two bronze medals at the Tianjin 2nd International Wushu Competition. He currently resides in Hong Kong where he has worked as a stuntman/actor, most notably for Jackie Chan in the Asian hit Operation Condor. He continues his wushu/kung-fu practice and furthers his studies in Beijing Opera-style tumbling and acrobatics with master Kong Kwok Keung.

redesign or add to his form to meet the time limits of a Chinese-style tournament. Space limitations are also a point of difference between open and Chinese tournaments. A wushu tournament has a standardized floor area size, where as at open tournaments one might be expected to conform to a standard karate ring or a boxing ring for forms finalists.

Finally, is your routine right for the event? In a Chinese tournament, styles are subdivided into various categories. For wushu events there is: long fist, southern style, taiji quan (tai chi), broadsword, straight sword, cudgel and spear. Internal styles will have divisions for the various family styles of taiji quan (i.e., Chen, Yang, and Wu). The remainder of the taiji quan styles are placed into a division simply called other styles. Xingyi quan and paqua zhang also have separate categories as does internal weapons. Traditional Chinese styles are usually divided into: northern styles, southern styles, short-hand styles and various weapons events. Open tournaments at the black belt level can also have many categories, including: karate, kenpo, tae kwon do, Chinese, creative or open and hard and soft weapons.

Be sure you've chosen the right material for the event. It won't say much for your credibility as a martial artist if you have entered your form in an inappropriate division, such as doing a southern-style kung-fu form in a karate forms division. Also be sure to choose a suitable uniform. Some competitions do not allow the competitors to wear T-shirts or go bare-backed. Check ahead so you can be sure to have the correct uniform.

PREPUBICITY

If this is your first contest ever or first out of town or national level event, chances are to the judges, other competitors and audience you are coming in as unknown. Unfortunately, judges tend to mark a known or established face a little more favorably, whereas with the unknown they tend to be more conservative with their scoring.

Without ever having competed, a little of the right publicity can help you. Prepublicity, getting your face known. It can help get the attention of the judges, competitors and audience alike. They will be watching for you.

Martial arts magazines are an excellent medium for publicity and getting your face out there prior to launching your competition assault. Know it or not, most of the magazine articles are freelance submissions. The only catch is as an unknown the magazines and the readers alike may not be interested in you. However, pick some good topics which happen to tie you in or your photographs and you may find yourself getting heaps of exposure.

This approach is often used by professional bodybuilders. In fact, many bodybuilders take a very active role in personal publicity campaigns.

THE DAY OF THE EVENT

Let's assume you've built yourself a good support group. They've helped with all those little problems. They've given you the support and encouragement you needed. You've dieted, rested well, had a good sound night's sleep the evening before the tournament and even eaten a proper pre-competition breakfast. You know the rules. You have picked your forms well, trained them hard and they are ready. You even managed to get a little prepublicity—eyes are on you. The day has arrived, you're here. You've proven you're really serious. You've trained hard, you're well-prepared and have left nothing to chance. Now all you have to do is wait and compete, right? Well yes, but...there is more.

After all that work you don't want to lose points before you even compete. Forms judging is subjective. Present a poor image to the judges before competing and it could well effect the way they score you. Do not strut about, do not be loud and boastful, just don't present a poor image to the judges. Try to present a humble, yet confident image. Remain polite and friendly, yet serious about being there.

Attitude, the image you convey of yourself to the judges, other competitors and audience, can have a marked effect on the outcome of this and future events.

Also know the time and location of your event. Be punctual; being late also leaves a poor impression and can get you disqualified.

When warming up, the first thing to remember is don't burn yourself out. Knowing the time of your event and how much time you need to

☛ Continued on page 99

AT LAST!

DISCOVER YOUR ULTIMATE FIGHTING WEAPON!

KILLER INSTINCT

WITH PAUL VUNAK



Paul Vunak, Head of Progressive Fighting Systems serves as Hand to Hand Combat instructor for the Navy Special Forces Unit (Navy Seals) and numerous federal, state and local law enforcement agencies.

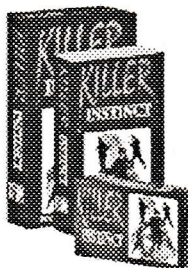
Now you can learn to develop the most awesome weapon in your fighting arsenal!

One of the highest stages of Martial Arts lies beyond the mere realm of technique... mastery of the mind. A true fighter knows that the strongest weapon in his arsenal is his mind. He also understands that the outcome of all his encounters will be directly related to his ability to control and unleash this emotional state known as **KILLER INSTINCT**.

In this program, Paul Vunak teaches you how to develop and control this extremely important attribute... your **KILLER INSTINCT**.

You will learn drills that up to now have only been taught to the elite special forces and to a handful of Paul's top instructors.

The **KILLER INSTINCT** program is guaranteed to take you to the next level of your Martial Arts skills.



• "The Killer Instinct Program can immediately turn anyone into a better fighter."

-John Ferguson
Fifth Degree Karate Instructor

• "The most innovative product in the market."

-John Marcus, professional boxer

• "Killer Instinct is a must if you are seriously interested in martial arts, regardless of your style or system."

-Ronald James
Kung Fu Instructor

The KILLER INSTINCT Program includes a Video, an Audio Cassette and a Book. For additional information on dealer/inquiries, call (305) 436-3591.

YES, rush me my Killer Instinct Program.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAYTIME PHONE _____

GOLDSTAR PRODUCTIONS, INC.
P.O. BOX 820098
SOUTH FLORIDA, FL 33082

Enclose \$49.95 plus \$5.00 shipping & handling Florida Residents add 6% sales tax. Foreign orders add \$12 shipping & handling. Please pay in U.S. Dollars drawn in U.S. banks.

IKF

HSING-I

5 Element vs. 6 Harmony

DIFFERENT STYLES, SAME BEGINNINGS

While both styles share similar internal principles, the external postures are radically different in structure. Yet both five element and six harmony can trace their beginnings to the same family tree.

BY ROBERT DREEBEN

Hsing-I chuan is one of the three major internal systems. Compared to tai chi and paqua, hsing-I's structure and form is simple and straight forward. Yet, the underlying principles and theories of the movements are complex and profound. Hsing-I is not difficult to learn. However, integrating the principles and theories takes time, patience and countless hours of practice and study.

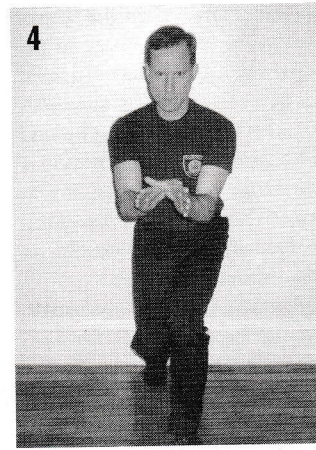
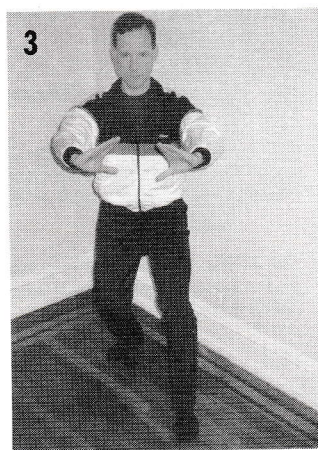
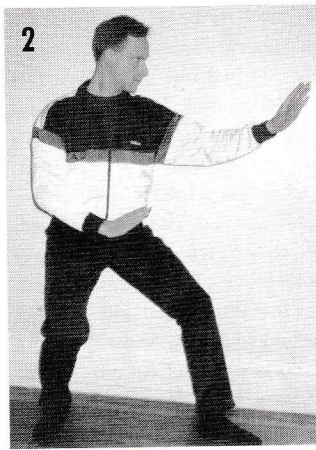
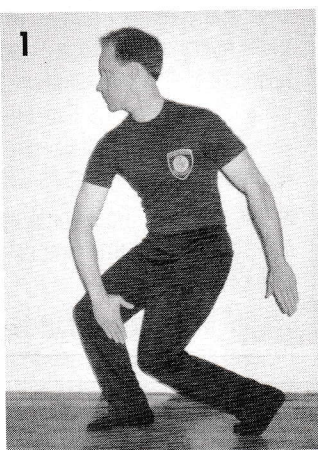
Once the mind (theories and principles) becomes integrated with the body, the result is one of the most powerful systems of kung-fu that, on top of its form and function, contains a panacea of health-giving benefits.

Hsing-I, not unlike tai chi, has more than one style. The two main styles are five element-12 animal hsing-I, and six harmony, ten animal hsing-I. Even within these two, there are variations and substyles among the different schools and teachers.

While both styles share similar internal principles, the external postures are radically different in structure. Yet both five element and six harmony can trace their beginnings to the same family tree.

HISTORICAL BACKGROUND

Originally Yueh Fei, a famous general of the Sung dynasty who was the founder of eagle claw, was also said to be the creator of hsing-I. While he was a hsing-I master and



1: Six harmony chicken leg stance. 2: Five element santi stance. 3: Five element tiger. 4: Six harmony tiger. Note the different hand and body posture.

did teach the style to his army troops, historical documents show that Chi Lung Feng was the true founder of hsing-I.

Two of Chi's students, Ts'ao Chi Wu and Ma Hsueh Li, began

the family tree, and the division of the two hsing-I schools. The famous master, Sun Lu Tang's hsing-I, descended from the Ts'ao Chi Wu school, which could be thought of as the five element hsing-I. Ma Hsueh

Li's hsing-I (from Honan) can be thought of as the beginning of six harmony hsing-I.

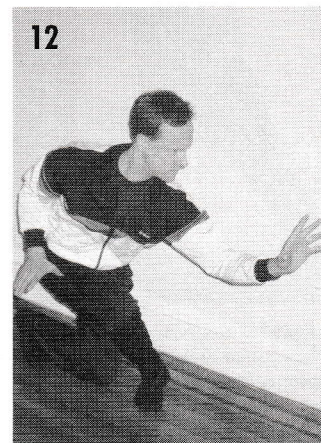
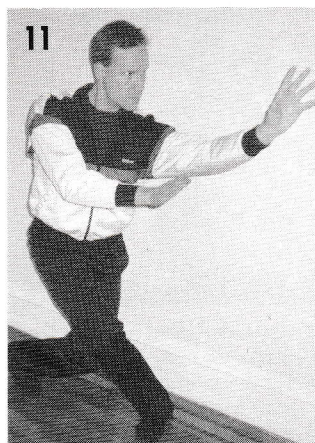
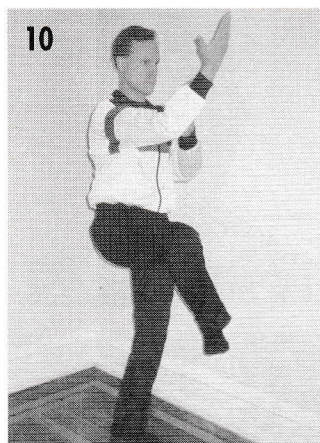
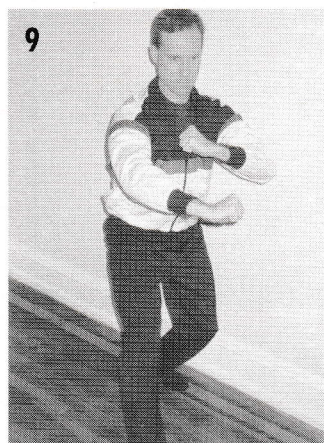
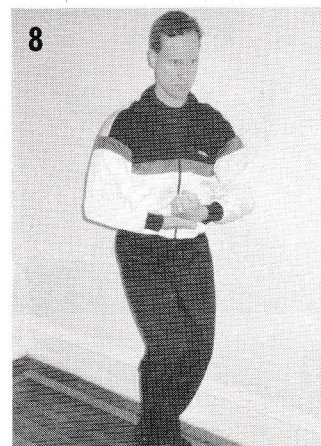
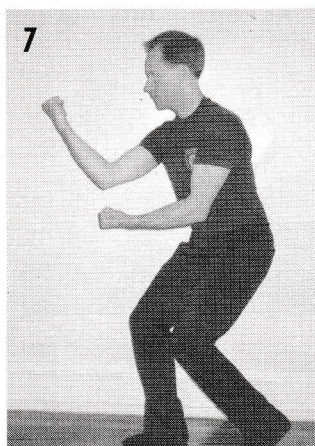
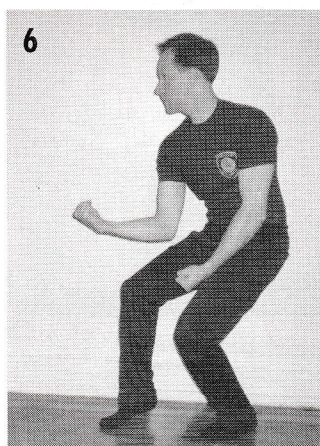
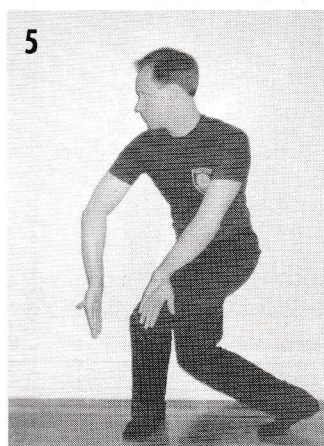
Very often in many of today's writings and articles, six harmony hsing-I is referred to as a "Muslim style of kung-fu". Following the Ma Hsueh Li family tree, one of the defending masters, Mai Chuang T'u, taught An Ta-Ching. An was a Muslim and he in turn taught his sifu Mai about the Muslim faith. Consequently, An only taught other Muslims and, at that point the line of students was substantially thinned and the kung-fu the sole domain of the Muslims.

As time progressed, and this style of hsing-I was taught openly (thus being a Muslim was not a prerequisite to learning the system), students started referring to six harmony as a "Muslim style". So, from an overall prospective, the religious beliefs of certain practitioners mid-stream in the family tree should have no real bearing on the system.

Five element hsing-I, on the other hand, was and is more widely practiced since it bore no such religious restriction of its practitioners. Five element is quite different from six harmony; so different, in fact, that it's almost hard to believe that both came from the original system of Chi Lung Feng.

There has been much conflict, conjecture and speculation as to why these systems are different and which is the original. One version states

"Neither five element nor six harmony practitioners should feel cheated; both systems have emerged into supreme combat arts."



5-7: The six harmony horse. Striking emphasis is on a simultaneous torso and head punch. 8-9: Five element horse. The emphasis is on outward-expanding energy. 10-12: Five element dragon.

that a general or emperor wanted a famous hsing-I master to teach his troops. The master refused and in turn was threatened with death. Weighing the options, the master taught part of the system, saving the highest level for he and his students. Another version involves Li Cheng, who taught hsing-I to Chang Chu. Li told Chang that he would teach him only the best part of the art and that he should only pass it on to his family, most notably his nephew, Mai Chungtu. These two stories, if they are true, could have some bearing on the differences of the style.

Before we examine the structural differences, it should be noted that both styles are equally effective and generate incredible power in movement. Therefore, neither five element nor six harmony practitioners

should feel cheated; both systems, through their stages of evolution, have emerged into supreme combat arts.

EXTERNAL POSTURES

The most common constituents shared by five element and six harmony are the internal principles. They are, however, too numerous and deep to write about here. Therefore, we will focus on the external postures.

Five element-12 animal hsing-I contains just that: five separate element fists—metal, water, wood, fire and earth—along with 12 separate, short animal forms that integrate some of the elements into the animal movements. There are also assorted element and animal-linking forms as well. Six harmony, by contrast, has no five element fists. That distinction lies with the ten animal postures, each with variation and assorted linking forms. The elements are also integrated into the ten ani-

mals, but they are not viewed as say, an "animal element".

The phoenix eye fist or index knuckle fist used prominently in five element hsing-I is non-existent in six harmony. Two of the more popular fists in six harmony are (using generic terms) the uppercut and the slanting downward hammerfist, both utilizing the standard closed hand. Both styles share extensive use of chin na and trains its practitioners to strike vital meridians with techniques.

FOOTWORK

Five element uses the santi stance, a type of front-side stance with 60 percent of weight on the rear leg. In six harmony there is no santi. The chicken leg stance and walk, with the front leg weighted, is the principle footwork method and is practiced for hours.

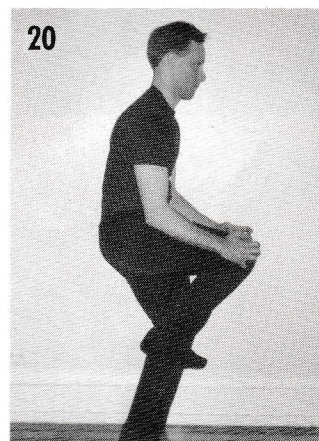
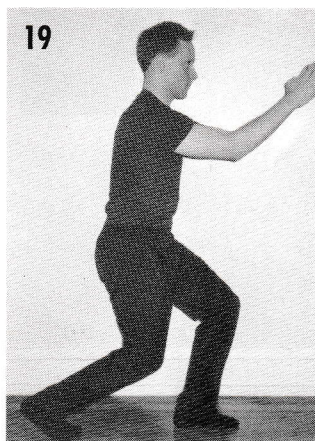
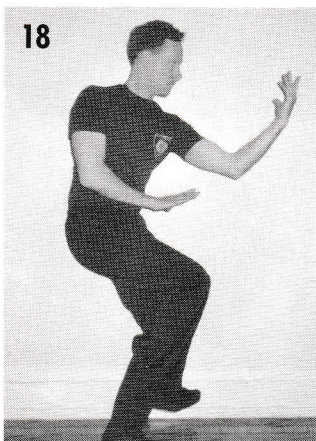
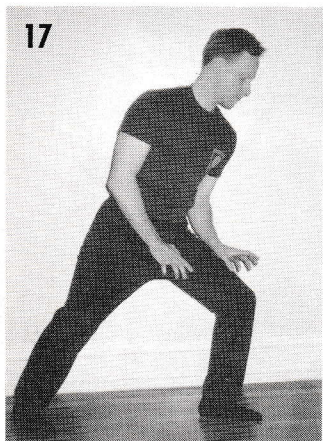
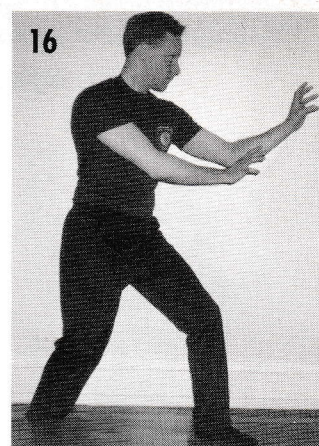
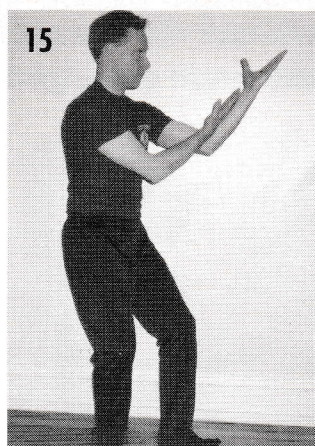
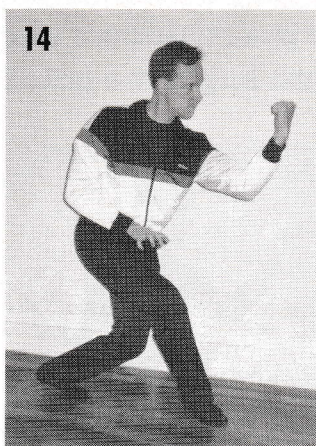
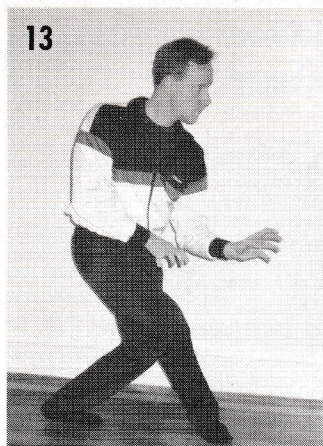
Both styles proceed in straight line and zig-zag stepping patterns when advancing. However, five ele-

ment stamps the rear leg when emitting jing, while six harmony stamps the forward leg. Each system performs with the front and back foot on one horizontal line, compared to three in tai chi.

One difference is that five element would rather keep the torso straight in relation to the ground during techniques. Six harmony sometimes uses a committed oblique forward incline utilizing the weighted front leg. For advancing steps, five element uses the bamboo half-step. Six harmony uses the chicken walk. It is written about master Mai Changtu that he lived in Chang Chu's house and even where he walked he used the chicken-style walk.

To the uninitiated, one could say it resembles a "Groucho Marx walk". The rate of advance of six harmony is practiced at a substantially faster rate of speed than five element. In fact, you are literally running and stamping as fast as you can. The chicken walk makes this possible.

Robert Dreeben is a New York-based martial artist and freelance writer. He last wrote "Yang Tai Chi's Combat Set" (IKF, June, 1994).



13: Five element eagle, two hands claw down. 14: Directly from the eagle pull down, the bear posture delivers an uppercut in conjunction with an advancing step. 15-17: Six harmony eagle. Both hands claw forward and down using the committed body weight. Note forward body incline in the final photo. 18: Six harmony front kick. This posture is the completion of the kick. This is as far as the leg is extended and striking area is with the ball of the foot. The knee can also be used to strike from this posture. 19-20: Six harmony monkey—head grab and knee smash. 21-22: Six harmony two-handed downward hammerfist strike.

In six harmony there is no retreating and therefore no rear steps. While five element also does not retreat, it does have a back step combined with the earth element "heng chuan" strike found in the linking set. In addition, there is also some evasive rear hopping monkey foot-work.

KICKS AND STRIKES

Like paqua and wing chun, five element uses the stomp kicks as its principle kick, as well as a swinging front kick and an outward turning leg hook. Six harmony utilizes a unique close-range front kick with the rear leg that has the pad and ball of the foot as the striking area. Application of the kick is usually coordinated with respective hand movements. Both styles use elbow and knee strikes, but six harmony also frequently employs shoulder, hip and sideward headbutt strikes (the headbutt is initiated from the forward incline mentioned earlier).

Animal claws, snake hands, bird wings, etc., are used in both hsing-I styles to ward off, deflect, strike, rip, lock and protect the body.

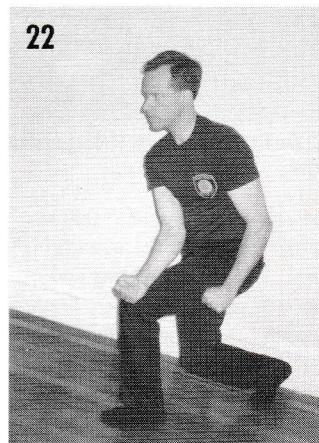
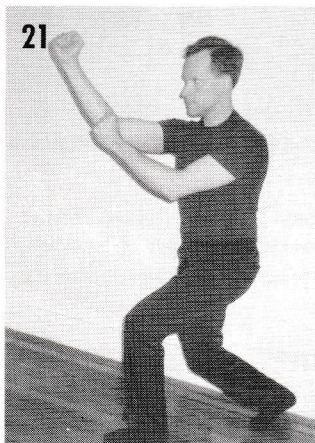
HEALTH BENEFITS

Hsing-I contains a panacea of superior health benefits. The stamping of the foot on the ground found throughout the system strengthens the bones and increases bone density through the vibration. The cycled emitting of jing (energy) makes the body stronger and develops the sinews and connecting tissues.

Long-term practice maintains health in the internal organs and increases blood and chi circulation. Some masters claim rejuvenation of the body through an inhibited aging process. Many famous hsing-I masters have lived well past their expected lifespan.

SOUND OF THUNDER

The sound of thunder is unique to six harmony hsing-I. It is a breath-



ing and vocal method of raising chi and using it to toughen the body, which offers added strength and endurance while eliminating fatigue. It uses one word deeply shouted with certain internal emphasis. When a technique is executed, the sound of thunder is employed during the specific phase of movement. The sound alone can be enough to startle and unbalance an opponent and even weaken his spirit.

The sound of thunder is truly one of the great secrets of six harmony hsing-I; without it, a student's kung-fu will never be fully and completely realized.

CONCLUSION

When practicing hsing-I, students should not necessarily think they are practicing specific technique application. The language of hsing-I is such that its movements are expressing energy with body dynamics. The energy may be expressed outward-expansive, inward-contracting, upward, downward, channeled with whipping or explosive force, etc. The combat application needed at the moment will dictate how the body expression is formed into a powerful, effective technique.

IKF

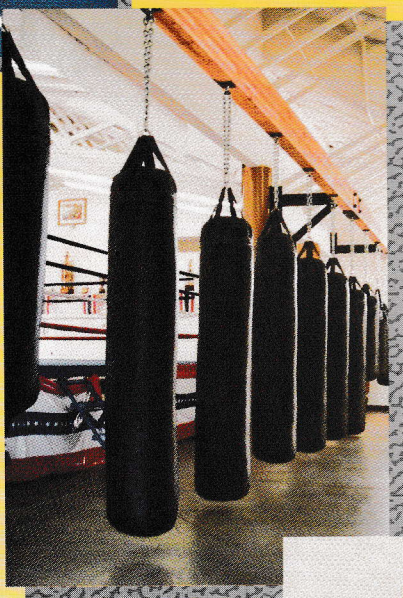
If You Want To Fight **LIKE A THAI,** You Better **TRAIN LIKE A THAI**

Fairtex Muay Thai Camp, Inc.



Assets of Fairtex Muay Thai Camp

- Event Promotion
- Dormitory Living
- Kitchen, Sauna and Jacuzzi
- Thailand Trained Instructors
- Thai Boxing Equipment Sales
- Six Professional Live-in Trainers
- Full-Time Training Two Times Daily
- Thai Boxing Videos Available For Purchase



John Crane: Fighter in Thailand and the U.S.; full instructor Thai Boxing Association, U.S.A., Member of Fairtex Camp, 8 Years.
Bunkerd Faphimai: 250 fights, champion of both Rajadamnern and Lumpini stadium, 1983. Member of Fairtex Camp, 15 Years.
Phiceat Arunleung: 60 fights, trainer of 3 Lumpini champions. Member of Fairtex for 15 years.
Kasem Kanthawong: 180 fights, champion Hong Kong Open 1983. Member of Fairtex Camp for 18 years.
Tim Schaeffer: Competitive fighter and trainer, full instructor and Phoenix rep of Thai Boxing Association, U.S.A.

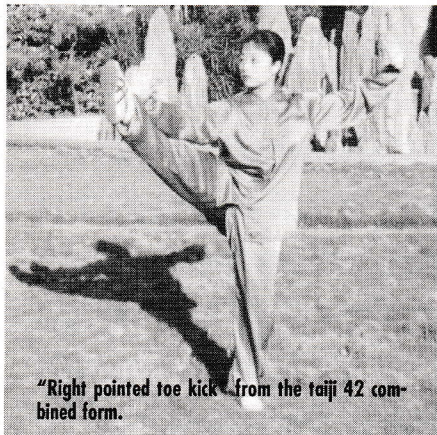
**FAIRTEX
MUAY THAI
CAMP INC.**

100 S. WEBER DR.
CHANDLER, AZ • 85226
(800) 255-THAI • FAX (602) 940-0368

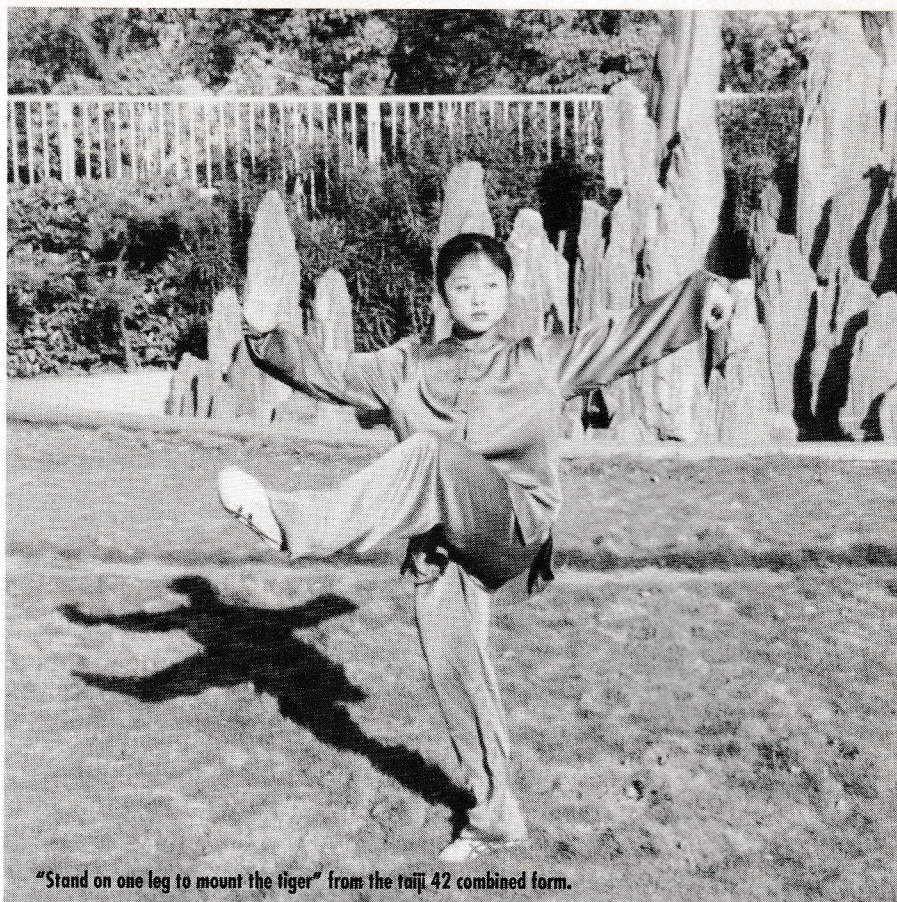




"Push forearm on horse-riding stance" from the taiji 42 combined form.



"Right pointed toe kick" from the taiji 42 combined form.



"Stand on one leg to mount the tiger" from the taiji 42 combined form.

GAO JIA MIN

By WEN-MEI YU AND
GERALD A. SHARP

CHINA'S TOP TAIJQUAN WOMEN'S COMPETITOR DISCUSSES HER SECRETS OF SUCCESS

Born in Fuzhou City, Fujian Province, China, in the Year of the Horse, June 26, 1966, Gao Jia Min, China's top taijiquan women's competitor, said she reluctantly began her studies at age eight.

"I suffered from an extreme case of hyperactivity, and found it hard to sit in school and focus on my studies," she explains. "What I was good at was imitating people, and people would laugh at me when I would imitate certain types of people. However, when I imitated people doing wushu, people were amazed at my ability to do so with such perfection.

"I also suffered from having poor teeth in my youth, so the inability to chew my food properly affected my stomach and digestive process so bad that it caused other problems to occur," she adds.

"My first teacher, Sun Chong Xiong, came to my grade school to teach wushu. With Sun I studied shaolin long fist. This was my first taste of wushu, and it was the demand for perfection physically and the demand for serious concentration that spurred me on in the study of wushu. Otherwise, I may have lost interest in whatever it was because of my hyper condition."



Gao Jia Min in a favorite standing meditation posture.

SERIOUS TRAINING BEGINS

Gao Jia Min insists she never thought of being a champion at the time, and instead received some physical relief to her stomach problems and hyperactivity.

At age 14, Gao began serious training with a team with her second and current teacher, Zeng Nai Liang. According to Gao, Zeng was a post-graduate research assistant with the Beijing Institute of Physical Education. Zeng's goal was to return to Fuzhou City and coach a local team to national prominence.

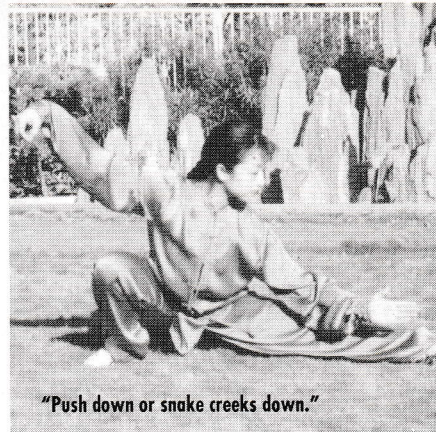
Under the guidance of her determined mentor, Gao began rigorous training. However, the team's space was small at the time, and there was no carpet.

According to Gao, "Some injuries did occur, but we were all determined to succeed. One coach wanted me to focus on traditional southern style more, but I followed the advice of Zeng."

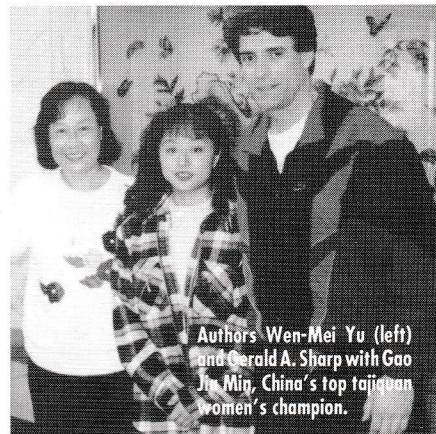
"He thought taiji would be the best for me," she adds. "It was funny, because all those who knew me knew of my problems of hyperactivity. Still, I knew that teacher Zeng knew what he was talking about. Besides taiji is suitable for all spaces,



Practicing praying mantis.



"Push down or snake creeks down."



Authors Wen-Mei Yu (left) and Gerald A. Sharp with Gao Jin Ming, China's top taijiquan women's champion.

and I thought as a woman it was something that I could excel in my whole life.

"However, it was hard for me in the beginning, because I was still very hyper. People would look at me funny, and say, 'You can't practice very good. You won't improve either, because you cannot relax.' Yet I was determined to succeed. First, I refused to believe all the people that said I couldn't. To begin believing that you can't do anything, is to accept failure."

She studied Chinese calligraphy, thinking it would help her relax.

"It did calm me, but it was quite a challenge for me to do calligraphy over a long period of time," she insists. "Personally, I have since discovered that the principles behind good calligraphy and good taijiquan are very similar. One in the same."

For beginners, Gao believes that besides relaxation the most important aspect is the student's basic stances and physical structure. You just don't start doing it. Proper coaching and monitored training is extremely important.

"Proper conditioning is essential to beginners, no matter what their aspirations," she maintains. "I stood in the ma bu (horse stance) for many hours in the beginning, and still do to this day. Leg strength is crucial in building a strong foundation, and protecting yourself against injuries."

The next primary step for the beginner is to practice zhangzhuan (standing meditation)," she notes. "It is important for the beginner to sense

their qi. In zhangzhuan, I've always felt and sensed qi, and because I practice standing it has sped up my ability to sense and utilize my qi in taiji practice.

FORMS—EXPECTATIONS AND DEDICATION

Gao's main practice is taijiquan and taiji sword. However, to win the grand championship in a national tournament, competitors must compete in six events. This includes competition in external as well as internal forms. The competitor who scores the highest combined score in six events is recognized as the grand champion.

China has developed specific routines for competition. In taiji, there is the taiji 42 hand form, and the traditional routines including: Chen 56, Yang 40, Wu (Jianquan) 45, and Sun 73. Currently, the taiji 42 sword form is the only one that can be performed in competition. However, at most tournaments in China, there are exhibition events (often medals are awarded) where traditional forms and weapons are performed.

According to Gao, "I began my studies in Yang style taiji, and then since 1989 I have focused largely on the taiji 42 combined form for competition."

When asked if the standardization of forms becomes boring or predictable, Gao replies, "Taijiquan study is deep knowledge. It is not easy to grasp."

"From the first step that you take," she adds, "there is a lot to learn. For me I have a great respect for taijiquan, because it takes so much time to

learn the smallest of details. Therefore, I never become bored. If taiji practice becomes predictable for the student, then that student has lost sight or never understood to begin the principles of taijiquan."

"For me, the 42 form is filled with many details," she suggests. "The fact that it is based on four major styles of taiji (Chen, Yang, Wu, and Sun) presents a great challenge to the student. Some study of these four traditional styles will give the student deeper knowledge about taiji and about the 42 form. Because it is performed in five-to-six minutes doesn't mean that it doesn't require as much attention to the details and principles as traditional long forms require."

"The fact that the competition forms are done in five-to-six minutes lessens the time that may normally be taken up in a longer set. Because there are set routines makes judging more fair, this requires competitors to be judged on predetermined standards."

Gao has done a lot of research on the subject of traditional taiji and its origins and development. She believes it is in the best interest that taiji research and development continue.

According to Gao, "The creators and grandmasters of the traditional systems were gifted, and suffered many personal hardships to create, develop, or maintain tradition."

"Traditions and development must both be encouraged to continue," Gao adds. "I wouldn't be doing what I'm doing today if it weren't for all those who went before me in the history of taiji."

Continued on page 98

Wen-Mei Yu and Gerald A. Sharp are Inside Kung-Fu's 1994 "Writers of the Year".

HIDDEN FORCES

WARNING:

THE FOLLOWING PRODUCTS HAVE BEEN SCIENTIFICALLY PROVEN TO RESULT IN EXTREME MUSCLE GROWTH, STRENGTH AND ENDURANCE !

BORON+

Is endurance and stamina IMPORTANT ?
How about STRENGTH ? if you've answered YES, this fast acting proven formulation of wonder nutrients was designed for you. BORON Known to triple your natural testosterone level and Eleutherococcus (SIBERIAN GINSENG) are combined to stimulate your HIDDEN FORCES .

FEEL THE DIFFERENCE !!!!!

**100 HIGH POTENCY
TABS- 21.99**

TURBO

We're talking nature's purest most potent powerhouse of raw energy. From Training to Tournaments, ENERGY is the name of the game, and TURBO is your ticket!

Do not except imitations, Turbo is the REAL DEAL !

100-1500mg TABLETS - 14.99

C.O.D. ORDERS O.K.

MONEY ORDERS WILL SPEED YOUR ORDER!

PLEASE ADD \$4.00 FOR SHIPPING & HANDLING.
2 DAY UPS DELIVERY AVAILABE AT EXTRA CHARGE

FOR A FULL COLOR DISCOUNT CATALOG
ADD \$5.00-(REFUNDABLE WITH FIRST ORDER)

DiBENCOZIDE

The choice of CHAMPIONS

Growth and mass, NATURALLY !

DiBencozide is the natural co-enzyme of vitamin B12 found in muscle tissue.

Dibencozide is the safe alternative to steroids, and is 100% legal for national & International competition. Experience growth

NATURALLY and EFFECTIVELY.

**1 MONTH SUPPLY
10,000mcg - 21.99**



**ORDER NOW FOR
THESE SPECIALS :**

PACKAGE #1:

Dibencozide, Boron+ & Turbo - Reg. 58.97
your price 45.99

PACKAGE #2: Boron+ & Turbo
reg 36.98 - your price 29.99

PACKAGE #3: Dibencozide & Turbo - Reg 43.98-your price :36.99

DEALER INQUIRIES WELCOME

FOR FASTER SERVICE USE
OUR TOLL FREE NUMBER, OR ASK FOR OUR
AUTHORIZED DEALER IN YOUR AREA.

Please make check or money order to: HIDDEN FORCES - 2151 Bellmore Ave., Bellmore NY 11710

800-370-2029

HEALTH PRODUCTS FOR THE MARTIAL ARTIST

TODAY, MORE THAN EVER STRENGTH MUST EQUAL SKILL !

World Famous Street-Fighter Will Give You A **FREE GUN...**

Just To Prove He Can Take It Away From You
Bare-Handed As Easy As Candy From A Baby!

By Dr. R. L. Horine, Director, TRS – Civilian Fighting Division

Dear Friend,

I want to send you a free gun. (It is identical in CAD-imaged specs to the standard military-issue "Red style" training gun.)

There are 2 things I want you to do when you receive it:

1. I want you to set the gun aside, and watch the four videos I will also send.
2. Then, I want you to give the gun to the toughest, biggest and most coordinated friend you have... and ask him to:

Point The Gun At You And Squeeze The Trigger!

It is important that you choose someone who is larger than you. Preferably, he should also have some skill at fighting. *A black belt karate master would be perfect.*

Why am I asking you to do this? Because, I want to **prove** to you that what you see on these video tapes will allow you to instantly take that gun away (bare-handed) and *put him down on the ground* before he can move a muscle to squeeze the trigger! And once down, you will be able to **keep** him on the floor (and even slap him silly, if you please). You'll be in complete control.

As you will see in these tapes, you do not need strength, or special agility, or even previous skill in fighting. You will see how even a small man (5' 5", 140 pounds soaking wet) can easily disarm and take down a bodybuilder (6' 2", 240 pounds) trained in judo!

It's an astonishing fact to learn, but it is true nevertheless. What you are about to learn are the **identical** "Disarm and

Disable" tactics used by elite U.S. military personnel, big city SWAT teams, and high-profile security enforcement...

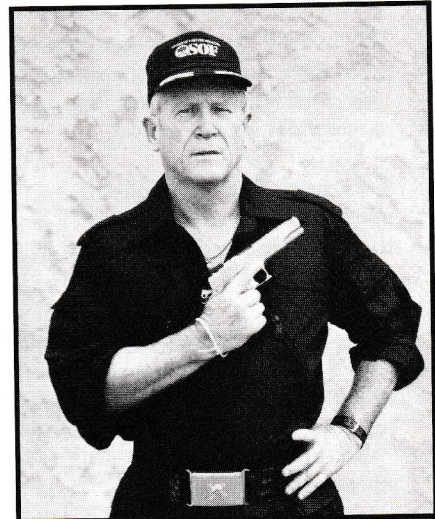
Which Have Been Kept Secret From Civilians (Like You) For Almost 20 Years!

Now, let me tell you about this gun. It is a detailed and exact replica of the "Red style" guns used by the military for training. It was designed by an American craftsman (who is now working with the military) and is hand casted, so that *all the tolerances are identical*. It has the feel, heft and balance of an authentic high-powered automatic pistol, yet is crafted from special solid polymers so it can be used for real-life training.

This gun would fool an expert who picked it up blindfolded — *only* the solid bore and the color (white) give it away as a training weapon. (The color is used for two reasons: To avoid misunderstandings with people who do not realize it is a training gun, and to keep *you* from accidentally picking up a real gun to practice with.)

There is one important alteration to this training gun. The **trigger guard** has been strategically changed so it will not snap the finger off your training partner, as a normal trigger guard would. (Your big, tough friend wouldn't like that... though he couldn't do much about it until you shared your tapes with him.) This alteration allows you to train without "pulling punches", and speeds up your learning curve dramatically.

Now, don't get the idea the "moves" you are about to learn are difficult, just because they have been held in secret by some of the most feared fighters in the world. *The moves are simple and natural...* yet utterly devastating when used against an armed



"I seldom give endorsements, but this is something special. The release of these tapes are unparalleled — you can learn a lot... it may save your life."

Colonel Robert K. Brown, USAR (Ret.)
Founder and publisher of
Soldier of Fortune Magazine.

attacker. You will be able to quickly take away your assailant's gun, **and you will also learn:**

- * How to "jockey" for your best first-strike position during an attack!
- * How to instantly "classify" any gun (single action vs. double action)... and how to tell if a gun is in "Condition One" — military jargon for "ready to fire"! (This "inside" weapon knowledge could give you a

TRS

precious extra second in any confrontation... enough to choose your best next move!)

- * The *most important* (and *toughest*) decision you **must make** in any armed confrontation... and how to make it intelligently and morally (so you never have to second-guess yourself later!)
- * Why the *incorrect* disarming techniques will actually force your attacker to fire... whether he's decided to or not!
- * Why a man with a gun standing just 2 feet away from you is at a disadvantage... and how to use simple "leverage" to make him regret it forever!
- * Why the correct way to "clear" a weapon increases your chances of not getting shot (first rule of bare-handed gun fighting) by 60%!
- * Why the fancy-schmancy spinning head-kick techniques most martial artists learn are *hopelessly inadequate* in surviving a *real* street-fight! (And the "false confidence" you get will cause you *desperate* trouble!)

What's more, you'll also learn how to disarm an attacker who has a knife... along with:

- * How to tell when your attacker is just "bluffing" with a knife... and when he's about to commit to stabbing you! (Crucial knowledge for making your best fight-ending move!)
- * The *single most important decision* you must come to terms with in a knife fight!
- * How to protect your most vulnerable "targets" during a knife fight... and how to use these rapid-blood loss areas *against* your assailant to end the fight instantly!

Plus, you'll learn the tactics of taking away a club or baseball bat from an attacker... and also:

- * How to tell where the "sweet spot" of a club or baton is... where all the *damaging* power is located! (And how to avoid it!)

- * Where the "safety" area of the club is: the 20% of any swing where the power of the club is wasted (and where your opportunity to *end the fight* lies!)

And, once you've disarmed your attacker and are facing him bare-handed... well, that's just child's play now. These tapes will show you:

- * How to use the secret of your body's natural "fulcrums" to bring anyone to their knees... using only 12 pounds of pressure and a tiny "torque" of your wrist! (Once you understand the secret, even a fighter twice your size can be dropped in a blink... with no more exertion on your part than you'd use to open a tin can!)
- * The one "dojo" karate trick to never use in the real world! (It's a silly, dumb thing to do... and yet it's one of the *first* things you learn as a rookie martial artist!)

- * How to master the strongest grip you're capable of — no matter how "weak" you think you are!
- * How to use simple "cat-like" tricks to force your body to fall correctly... so even if you get pushed down onto a concrete sidewalk, you'll bounce right back up without a bruise! (Plus — how to use your body's natural "cushions" to absorb almost any shock... and avoid the common bone-breaks *most* people suffer when knocked down!)
- * The devastating secrets of *joint manipulation* (the lazy man's method of effective fighting!)
- * The 4 crucial moves you must make when being "held up" from behind! (Or being forced to kneel from behind... one of the more *common* assault techniques used by desperate criminals and hostage takers!)



8 March 1994

This is an unsolicited endorsement:

Violence is on the upswing in America. Therefore it is important that both men and women possess the ability to defend themselves. The expert self defense instruction provided by Bob Taylor and Randy Warner, permits anyone to build a simple self defense strategy. The techniques presented in the tapes apply to the military, law enforcement, and all walks of the civilian community. The secret is practice and safety as stressed in the tapes.

Robert C. Kingston

Robert C. Kingston
General, USA Retired

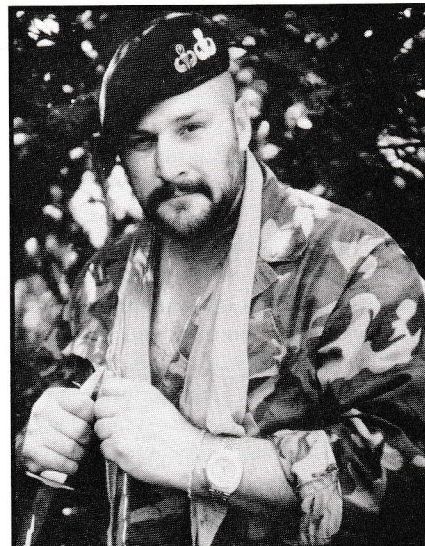
PLUS — and this is my *favorite* part of the package — you get an entire video of street-fighting “Dirty Tricks”... the same sneaky moves used by professional soldiers and cops who can’t afford to waste time fighting by the *old* “rules of the street”. You’ll learn:

- * The 2 psychological responses *all* top warriors “surrender” to the instant a fight is at hand... that *increases their chance of survival and victory by 400%*!
- * How to quickly “cancel out” any size or weight advantages your opponent has!
- * How to judge — *for yourself* — the “Escalation of Force” rule for any encounter! (So you are *instantly* in control of the fight, even if you’ve been totally surprised!)
- * The secrets of “Single Finger” take-downs... using moves that are *inde-fensible* even by a larger and more experienced opponent!
- * How to use “pain enhancement” tech to convince your assailant to stay down until the cops arrive!
- * How just 6 pounds of pressure on a nerve can set you free from almost *any* hold!
- * How to break away from strong-arm choke holds!
- * The natural “guides” on your at-tacker’s body that automatically guarantee a correct strike!
- * How to avoid the devastating mistakes even black belts make when attempt-ing head butts! (And how to use the professional tricks of performing head butts perfectly — one of the surest ways of bringing an opponent “down” without further action!)
- * The amazing “filthy cat fight” trick that even urban street fighters never learn... which will allow you to control anyone who isn’t bald!
- * The 12 take-down tricks that are never taught in karate “schools”!

- * How to avoid the horrible mistake most fighters make with groin kicks!
- * “Short Cut” kicks you can learn and use immediately... no matter how un-coordinated or clumsy you are!
- * How to negate (with simple pain-control moves) the common “harass-ment” attacks — bear hugs, full nelsons, and head locks — that are used against women!
- * Simple controlling moves that force your *attacker* to decide if he wants to come away with a broken arm or give up! (And how to keep him down — without serious damage — until the cops arrive!)
- * How rookie fighters “telegraph” their moves... and not to do it yourself (and use your knowledge to gain advan-tages over your dumber attackers)!
- * How to reverse the worst fighting position you could ever find yourself in!
- * Your 5 best “first strikes” to end any fight instantly — a split second before it begins!
- * The sneaky ways professional fighters use the element of surprise to turn around dangerous situations... even when they’re the ones who’ve been “jumped” by an assailant unexpectedly!
- * The simplest way to gain a “tech-nical” advantage when you appear to be overmatched!

And more. A *lot* more, in fact. For ex-ample, you’ll get simple exercises to speci-fically strengthen what’s weak in your “falling muscles”. (The identical condition-ing exercises used by professionals!) You’ll learn how to train into *mastery* without breaking your partner’s bones. These moves look simple (almost too simple)... but their devastating power becomes evident the first time your partner goes a fraction of an inch too far. (Don’t worry, though — there are easy ways to make your practice sessions “fail safe”!)

You’ll understand “Shotgun and Uzi”



“...the research contained in this series of tapes is worth the price. Whatever the price of these tapes the total knowledge contained is worth ten times as much. I can-not say enough about this series, except that you should buy them and find out for yourself. Believe me, you won’t be disappointed.”

John “Dynamite” Donovan, U.S.A.R. Major-Special Forces, Demolition editor for *Soldier of Fortune* magazine, and 30 year practicing martial artist.

disarming techniques (many traveling Americans have found themselves in mega-armed terrorist situations overseas and here in the U.S.!)... **How only 4–6 pounds of pressure can snap a shinbone...** Why no professional would *ever* attempt the “spin-ning round house kicks” that are taught to every new karate student (and which take 2–5 years to learn correctly!)... **How to “adjust” his attitude without doing obvious harm...** A detailed “map” of ana-tomical targets (for example: where the thumb ends at the thigh is a *crucial* nerve point — reaction: numbing shock when kicked)... **And, the most decisive move you can make to end *any* fight instantly!**

As you can see, the secrets revealed in these amazing video tapes will give you a powerful new way of moving in the world, because...

You Will Never Again Walk Your Streets In Fear!

Are you having trouble believing all this? That's okay — I'm used to people being suspicious... *at first*. But the truth is, what you are about to learn is praised by professional soldiers, and law enforcement personnel all over the country.

I have included a sheet of "testimonials" with this letter from U.S. military generals, big-city police veterans and even the publisher of *Soldier of Fortune* magazine (who almost never gives endorsements). They *all* agree that this new system can be learned quickly and easily, and will work on the street under even the worst conditions imaginable.

Here is how we came to discover these "professional warrior" bare-handed fighting secrets: For a long time now, I have been connected to the "inside" of certain elite military and law enforcement circles. (Including the Navy SEALs — the most dangerous soldiers on the planet.) My goal is to help civilians like you to understand the super-effective fighting skills that have been developed. I want my family to feel as safe and protected as possible, and I'm sure you want the same for your loved ones.

Anyway, through certain inside "contacts" (which I am **not** going to tell you about) I was approached by two of the most respected professional combat trainers in the world: **Randy Wanner** is a feared martial arts expert who for years has been training federal and state law enforcement agencies in "street survival fighting tactics". (He was also the former Martial Arts editor for *Soldier of Fortune* magazine.) His name is well-known among the elite "warriors" of modern-day combat, and he has gone toe-to-toe with street fighters from all over the world to prove his techniques are superior to anything else out there.

Bob Taylor (who spent 2 tours in Viet Nam with the 101st Airborne, MACV-SERT, and the famous 75th Rangers) is considered one of the country's most experienced experts in counter insurgency operations; state, local and federal law enforcement agencies use him frequently for training. He is also a specialist in counter-terrorism for African, South American and Central American governments.

These two guys are in demand all over

the world. Their clients include the U.S. military, big-city SWAT teams, international anti-terrorist squads and top security firms in 15 foreign countries. These clients hire Bob and Randy for just one thing:

Their Incredible Skill In Quickly Teaching Their Unique "Bare-Handed" Disarming and Disabling Techniques For Armed Attackers!

This new fighting system took over 20 years to develop. It was necessary because the techniques the police and the military used to use — based on centuries-old karate moves — simply were **not effective** in real combat conditions. Soldiers and officers who were supposed to be disarming their attackers were, instead, *getting shot and disabled themselves!*



"In my 50 years of military combat experience no one has done the hands-on research of being unarmed against a live weapon... until now! Study and master this tape. It will either save your life or save you years of imprisonment — as POW."

Maj. General John K. Singlaub, USA (Ret.)
General Singlaub's career was chronicled in his autobiography, *Hazardous Duty*, published by Summit Books.

Randy and Bob decided to find out what was wrong. There was only one sane way to do this. They used their connections within the military establishment to get "training" bullets for their weapons. These bullets (called "Red Jets") are almost impossible for civilians to get. They are made of wax and polymer, yet are calibrated to fire from real weapons and can blow a hole in quarter-inch plywood from 15 feet. These training bullets were necessary for Bob and Randy's research, because...

They Used This Live Ammunition On Each Other To Develop Their New Disarming System!

Let me tell you — it takes some kind of guts to face a gun loaded with live ammo. Those wax bullets travel at *over 400 feet per second...* and even if they don't tear up your body like real bullets, these guys have the scars to prove getting hit with them isn't pretty. (I personally saw Bob shred Randy's left earlobe during a demonstration of the "wrong" way to clear a gun! There was blood everywhere during the rest of the demo.) *No one else in the world has ever done this kind of live-weapon research!*

The first thing they found out, of course, was that 99% of the disarming tactics being used by soldiers and cops (and still being taught by smug karate masters who have never had to face a loaded gun in person) **DO NOT WORK!**

This has to stop. It's irresponsible. It's stupid — especially when Randy and Bob have, after 20 years of tough research, come up with simple and easy-to-learn ways that do work!

Their discoveries have revolutionized the way modern professional warriors approach armed attackers — already, there are cops who are on record saying these new skills have saved their lives in the street!

Why do you — as a civilian — need these skills? Are you kidding? The whole world has gone psycho. The odds that you will be faced by an armed attacker — without a weapon of your own to rely on — are getting worse every day. This kind of advanced knowledge (even if it is easy to learn) isn't a luxury for American men anymore. The facts are staggering:

- * M.I.T. (the famous university) did a study uncovering the fact that **5 of every 6 twelve-year-old kids are going to be the victim of a violent crime in their lives!** That's almost *everybody*, sooner or later! (Most kids — and most adults, too — simply do not have a *clue* how to defend themselves in a tight spot. When you show a lack of confidence in yourself, you become the most attractive target for criminals there is!)

* Jean O'Neil (of the **National Crime Prevention Council**) says that victims who are forced into an attacker's car *rarely* walk away alive! (Yet *most* people cannot mount even a feeble defense against someone forcing them through the door!)

* And every kind of horrible crime is becoming more and more common — you are no longer safe in your home, in your car, in a restaurant, or on the street surrounded by other people! (Jerks with nothing to lose are now senselessly shooting their robbery victims even **after** they've gotten everything of value.)

attacker intent on harm. You saw what police "stun guns" did to Rodney King on that famous video: Nothing. Most rape-prevention seminars ignore the most common aspect of rape: The woman is thrown to the ground *first*, and then attacked. She will seldom get an opportunity to try the fancy knee-to-the-groin trick the seminars teach — a move which, by the way, is usually taught *completely wrong!* (You may think a "ball kick" is easy, but it's actually a *low-percentage* kick, and hard to pull off. There are several better and more *devastating* things to do, as Bob and Randy will soon show you.)

Even the fancy alarms and sirens people are "arming" themselves with are worthless

Sounds like something you might want to learn for yourself, doesn't it?

Well, there's a "hitch". You see, the only way to even get any personal training from Bob or Randy was to get into their heavily-monitored seminars. But to get in, you need *2 forms of official credentials and licenses* (plus about \$850 for the full board of instruction). Only professionals — elite soldiers, police **SWAT** teams, high-profile security agents — have been allowed to learn this life-saving stuff...

Until Now!

Why now? Because, after about a year of intense negotiation, we convinced Bob and Randy to go into a video studio and — taking as long as they needed — produce the **first video package ever** of their most trustworthy techniques for facing an armed attacker bare-handed.

And they did just that. After weeks of filming and editing, they created the only package in existence for people (like you) outside the world of professional warriors. **Yet they pulled no punches in presenting their new fighting system!** What you get here is all their best techniques, best advice, and best training methods!

Here's what you get in this amazing, just-released video package:

* **Three full-length videos** (almost 5 solid hours) — teaching you all the advanced combat techniques for instantly disarming and disabling (bare-handed) any assailant coming at you with a gun, club or knife (the most common weapons you'll see on American streets!)

* Included is the famous "**Dirty Tricks**" video of Bob and Randy's favorite moves — really sneaky ways to manipulate and "put down" any attacker before he knows what happened... and keep him down until help arrives or you decide an "alternative" course of action! Even trained street fighters *twice your size* will go down fast — and *stay* down — with these astonishing fighting secrets!

* *Plus*, you get your specially-made "**replica**" gun... yours **FREE** just for ordering the video tapes.

The techniques you will discover on these tapes are the *identical* ones taught to

"For a long time now, I have been connected to the "inside" of certain elite military and law enforcement circles. (Including the Navy SEALS — the most dangerous soldiers on the planet.) My goal is to help civilians like you to understand the super-effective fighting skills that have been developed. I want my family to feel as safe and protected as possible, and I'm sure you want the same for your loved ones."

What's more, new studies show that women who *fight back* are less likely to be raped. And that learning some form of self-defense is your *best bet* against a criminal population who is prepared to use force and violence on a whim.

But there's a **BIG** problem here. The way most Americans are going about getting prepared to defend themselves is simply...

Not Going To Work!

Here are the facts, my friend: Most martial art studios are run by people who have *never been in a real fight before in their lives...* and you will probably be trained (in a *huge* class) by people who have been prematurely promoted to "black belt" just to handle the classes! These "store front" studios operate exactly like health spas — they lure in large numbers of people, and get the money up front. It's a business.

And the garbage being sold to **women** offers only the pale illusion of self-defense: Tear gas **will not work** on a drug-crazed

in most cases of attack. (They don't protect cars, they don't protect houses, and they won't "protect" you either.)

In reality, you have only two choices: Remain a vulnerable "potential victim" who trusts that God will protect you... or learn the **RIGHT** way to defend yourself.

It's not hard to do. In fact, it's relatively *simple...*

Once You Understand The "Inside" Secrets!

One of Bob's favorite hobbies is to attend the big conventions of gun enthusiasts. He will challenge 20 of them to line up with their favorite weapon (unloaded, of course) and, one by one, demonstrate how he could take the gun away from them before they could pull the trigger. And then he would **do it**, bop, bop, bop, all the way down the line, never using the same move twice, never breaking a sweat, and never using any but the most *simple* skills.

elite soldiers, SWAT team cops and high-security personnel...

With One Important Difference!

In these videos, you get the incredible advantage of seeing everything via 3 separate cameras (mounted stage left, right, and overhead)... so you get *multi-angles* and *slow-motion repetitions* of each and every move! This means you get an increased understanding... and you'll follow a faster "learning curve" than even the professionals get during a seminar!

This is no Hollywood B.S.... these are real techniques used by cops and soldiers! **And make no mistake** — this stuff should *only* be used when you are faced with what the professionals call "**Condition Red**": The point where you have **absolutely** decided that your assailant has already made the choice to harm you... *and you must act to save your life!*

That's what this tape package is all about. You, ultimately, have to take responsibility for yourself, and for your actions. We can't do that for you. Neither can we guarantee that what you learn here will make you invulnerable to harm — that would be a stupid claim, and you would be a fool to believe it. No, what you have here is an **OPTION**. You are giving yourself one more (powerful) choice in this crazed, dangerous world — the choice to not be a vulnerable victim who has no idea what to do... even though you know that

certain harm is imminent!

I don't rob people. I don't like to hurt anyone, and I don't like to see other people get hurt. It sickens me that the criminal element has taken over our streets, and is invading homes with impunity. That *sucks* — and I, for one, am damned glad to have tools like these to *take back* my little piece of the world.

And I believe you feel the same way.

That's why I've written this to you today. I want you to see these tapes for yourself. Right now.

Here's the deal: All you need to do is call my office at **1-800-899-8153** and ask for **Department 91-G** (that's a toll-free call and won't cost you a cent) and tell the person who answers that you want the "**Fighting Chance**" video package... along with your free replica gun. Have your credit card ready. Or, if you prefer to pay by check or money order, simply fill out the "**Priority Order Form**" below and mail it with your payment to:

**TACTICAL RESPONSE SOLUTIONS
2945 S. MOONEY BLVD. DEPT. 91-G
VISALIA, CA 93277**

The cost of this incredible package is just \$97 — that includes everything (including shipping and handling charges)... *and you have a...*

**Full 3 Month Risk-Free
Money-Back Guarantee!**

If you aren't satisfied with this package

— *for any reason at all* — just send it back and I will rush your refund back by return mail. I trust your judgment here. I wouldn't be writing to you otherwise.

And, you get to **KEEP** the gun, even if you decide to return the videos! Consider it a gift, just for giving these astonishing tapes a "trial run".

But you do need to hurry! Even though we have many allies in the military and law enforcement "brotherhood" who support our attempts to "de-victimize" civilians, you should know there are many others who are scared to death with the idea of giving these secrets away. We have already been "stopped" by the U.S. Navy for offering another product... and the truth is, there are no guarantees this product won't be "stopped" also.

If that happens, you won't be able to get this information at any cost, anywhere. So, you see, it's very important that you order **now**, while you have this letter in your hands... and don't risk having these tapes withheld from you!

Sincerely,



Dr. R.L. Horine
Director, TRS

For The Fastest Service Use Your Credit Card And Call Toll-FREE

1-800-899-8153 (Ask For Department 91-G)

Priority Order Form For INSIDE FUNG-FU Readers Only!



YES! I'm ready to take responsibility for my own self-defense in this increasingly-dangerous world! Please rush me the "Fighting Chance" video package... including my **FREE** training gun! I understand I have a complete **100% Money Back Guarantee**: If I'm not satisfied for any reason, all I need to do is send the tapes back and you'll mail my refund back by return mail. And I get to **KEEP** the training gun, just for giving this astonishing package a "trial run".

→ By initialing this line, I am stating that I am over 18 years of age and that I have never been convicted of a felony. I also state that I will use the information contained in this video package in a defensive situation only. I accept sole responsibility for my actions as an adult.

☐ I prefer to pay by credit card. Please charge my:

☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

Card #: _____ Expires: _____

Signature _____

☐ Enclosed is my check or money order (payable to TRS), for \$97.

Please rush my "Fighting Chance" video package to:

Name: _____

Address: _____

City: _____ ST: _____ Zip: _____

Tactical Response Solutions • 2945 S. Mooney Blvd. Dept. 91-G • Visalia, CA 93277

CA & VA residents add appropriate sales tax. Rush shipping available for additional charges of \$10 for "2-Day" shipping and \$15 for "Overnight" shipping.

**PERSONALIZED
SUPPLIES & EQUIPMENT
DIRECT FROM HONG KONG**



WEAPONS

Personally developed by Wing Chun Grandmaster Yip Chun

**Pak Jam Dao
(swords)**

Perfectly balanced brass handles and steel blades with swirled polished edges
\$150.00 per pair
+ S&H (\$6.50)

8'1/2

**Luk Dim Boon Kwan
(pole)
Single tapered head
\$49.95
+S&H (\$16.50)**



**Mok Jong (wooden dummy)
Made of natural hardwood
\$649.00 + S&H (\$40.00)**

Plus rare video tapes and books of the Grandmasters of Wing Chun in action.

1 \$49.95

Rare video of the late Grandmaster Yip Man performing the real Wing Chun Forms along with Grandmaster Yip Chun revealing Sil Lum Dao, Chum Kiu and Bil Jee

2 \$49.95

See Yip Chun's first visit to the United States and the two day seminar held on June 18-19 1994 if you weren't there here is your chance to catch the master in action.

3 \$49.95

Authentic Pak Jam Dao (sword) form revealed for 1st time ever on video, by Grandmaster Yip Chun

4 \$49.95

Explosive Wing Chun street tactics and self defense techniques for real street survival by instructor Sifu Steve Lee Swift

Yip mans 100th \$29.95

CENTENARARY +S&H (\$3.50)

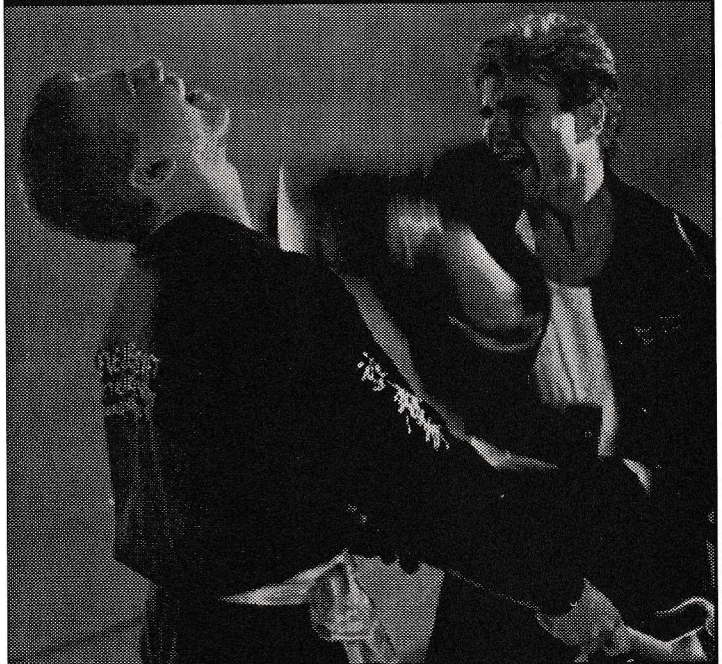
ANNIVERSARY BOOK

ORDER NOW ORDER TODAY

**3400 Monroe Ave 2nd fl Dragon Palace
Rochester New York 14618
(716) 383-0100**



LEARN AUTHENTIC WING CHUN



**By Internationally Noted Instructor
SIFU STEVE LEE SWIFT !**

As seen on the cover of Sidekick Magazine and Inside Kung Fu. Also featured in Yip Chun's anniversary book "Yip Mans 100th Centenary birth"

Member and Certified Instructor with the Ving Tsun Athletic Association and the Yip Man Martial Arts Association

Trains with Yip Chun consistently in Hong Kong and is a Representative of Yip Chun in U.S.

Learn from one of the nations leading authorities on the traditional Wing Chun Kung Fu system

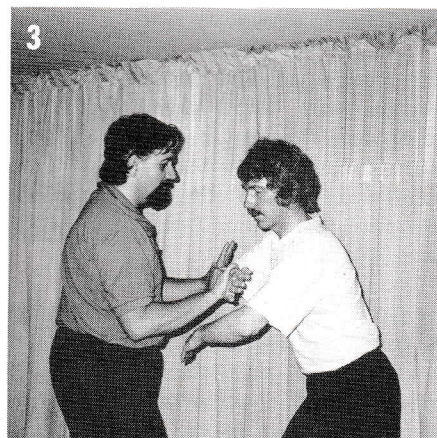
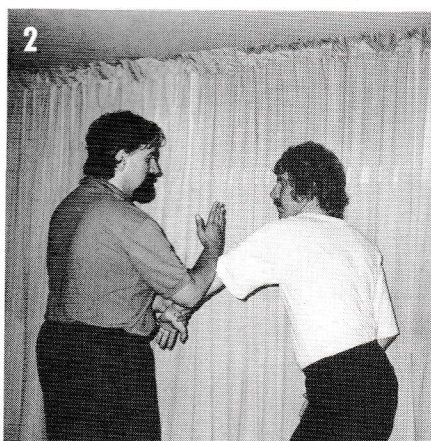
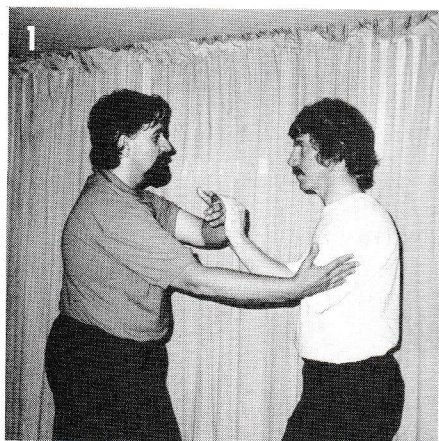
Learn the authentic forms, explosive fighting and weapons techniques from one of the most knowledgeable Wing Chun instructor available

1 & 2 DAY SEMINARS ARE AVAILABLE

**Contact Swift Wing Chun Kung Fu Association
3400 Monroe Ave. 2nd fl. Dragon Palace
Rochester, New York 14618
(716) 383 - 0100**

PUSH HANDS AND SELF-DEFENSE SKILLS

You have to be sure your tactic has failed before you try something else and then you have to be willing to persevere with the new tactic until you're sure *it* has failed. BY MICHAEL BABIN



When approached as a means of learning self-defense skills, tai chi chuan is built around the concepts of adhering to, yielding to or neutralizing, and re-directing an attack.

The core methods used to learn these skills—fixed and moving push hands as well as da-lu—emphasize creating an internal spontaneity in the student who learns to depend on intuitive movement and a psychological willingness to change tactics rather than needlessly resist force. Reacting in this way is essential to being martial in a tai chi-like manner.

However, this very strength—the ability to change as the circumstances demand—can also easily become a liability if it is not balanced with the physical and mental skills needed to be committed.

Classical double push hands is a choreographed method of learning basic tai chi actions/skills in a relatively safe manner. Ward off (author in dark shirt) or peng (1) is a “bumping” erosion of the attacker’s oncoming force. It deflects the force to one side and sets up roll back or lu (2), which stresses the joints of the affected arm as well as the neck when done with a downward “snapping” action. Press forward (called push in most styles) or an (3) affects the balance of the opponent in an upward fashion.

STAY THE COURSE

Simply put, you have to be sure your tactic has failed before you try something else and then you have to be willing to persevere with the new tactic until you're sure *it* has failed.

You can see the affect of a lack of commitment when two reasonably well-matched tai chi players do push hands together.

Often, such “play” immediately settles into an exchange of constantly aborted tactics. One will start a push, feel his opponent start to neutralize it and switch to a press *before there is a real need to do so*. The other will respond in a similar manner so

that neither really attempts to succeed with a particular technique.

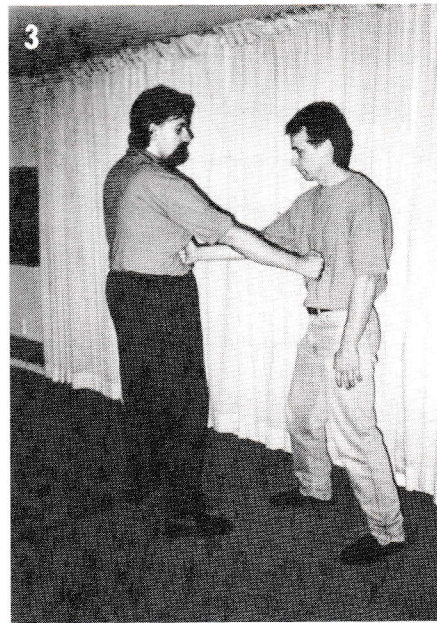
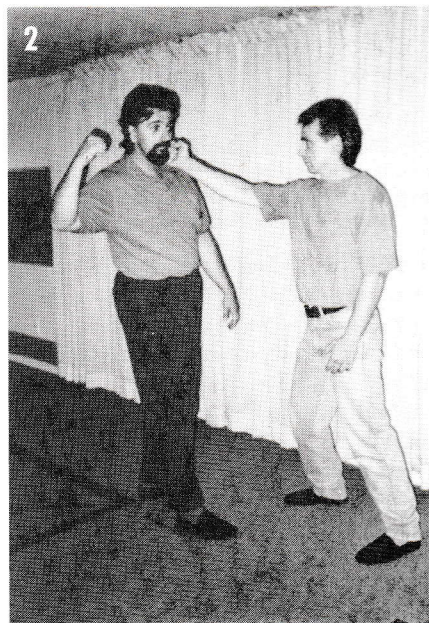
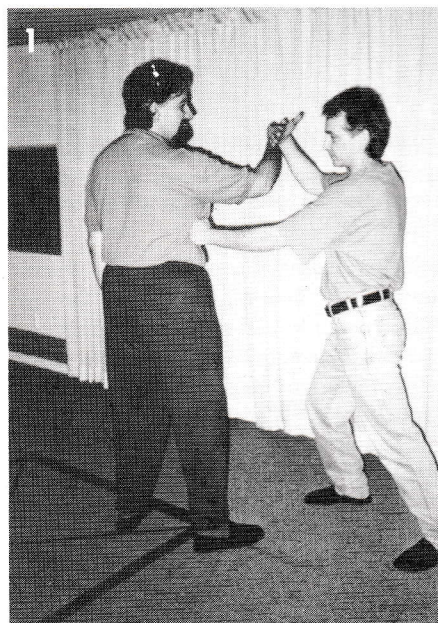
This kind of exchange can be useful at developing sensitivity/neutralization skills; however, the skills learned do not necessarily translate into self-defense techniques.

A strong, committed attack of any kind will quite likely easily penetrate the skills of the same tai chi player if he tries to use it against someone who doesn't obey the rules of tai chi. Stiffness combined with lack of commitment is relatively easy to deal with; not so stiffness combined with aggression and experience.



Rooting skills (1) are an important part of the tai chi curriculum and such displays are impressive on a superficial level. However, an overreliance on rooting (2) is counterproductive if the "pusher" decides to punch the moment he feels resistance—even when it is an internal one.

**"THOSE SCHOOLS
THAT COMBINE
PUSH HANDS
TRAINING WITH
APPLICATIONS
TRAINING AGAINST
STRONG ATTACKS ARE
MORE LIKELY
TO PRODUCE SKILLS
CONSIDERED
VALID IN SELF-
DEFENSE TERMS."**



There are methods that teach a student to apply his "listening" and "neutralizing" skills against sudden attacks. Such training is essential to teach the difference between dealing with force that you are already in contact with, as when doing push hands, and with force that comes out of nowhere. The student playing attacker throws punches at random: those to the head (1) are neutralized as the defender simultaneously counterattacks; those that the attacker "cocks" cause the defender to instantly counterpunch (2); those that attack the torso are "neutralized" (3) by sinking the force into the ground as the defender "returns" the energy by counterstriking.

Also, when two people of different skill levels work together it can be easy for each to get an inadequate sense of how effective they would be if they really were forced to use their skills defensively.

STRONG VS. WEAK

The "stronger" partner is lulled into a sense of security by his ability to neutralize/redirect the "weaker" partner's power. Conversely, the "weaker" partner may actually be doing quite well for his level of skill even though this is not apparent while working with a "stronger" partner.

For example, one of my private students, who

has years of experience as a talented instructor of tai chi form, is making considerable progress in terms of understanding the martial exercises. However, she is about 80 pounds lighter than me. Consequently, she has had to develop tactics which compensate for my greater size and strength.

This development is partly because I am not stiff/forceful in my practice with her so she isn't constantly "prompted" to overreact in a similar manner. Consequently, she neutralizes, folds and redirects with an ease and effectiveness that surprises us both at times despite the size and mass difference.

On the rare occasions that she has practiced with other students who overuse force but are also relatively centered and "soft", she has done well in martial terms considering the usual size difference. However, she has also injured her back several times because she overuses certain muscle groups to compensate for their greater size and effective use of force.

VARIETY IS NICE

As she has discovered, it can be a painful process to learn how to train effectively when your experience is limited to one person—no matter how talented that person may be. It follows that working with a variety of people of different sizes

Ottawa, Ontario-based Michael Babin is a frequent contributor to Inside Kung-Fu.

SUBSCRIBE!

INSIDE KUNG-FU and *INSIDE KARATE*'s commitment to excellence is unsurpassed among martial arts magazines in the publishing field. Anchored by the finest industry columnists and buoyed by the most respected writers in martial arts, *INSIDE KUNG-FU* and *INSIDE KARATE* transcends the average fare to provide the reader with an in-depth look at the history, tradition and technique associated with Chinese-style martial arts. While technical evaluations and style comparisons make up the bulk of *INSIDE KUNG-FU* and *INSIDE KARATE*'s content, the magazine also reflects the lifestyle of today's multifaceted martial artist with travel and historical features, health related articles, the latest in training equipment, street self-defense and winning advice from the experts on how you can make the most of your training hall time.

Subscribe to *INSIDE KUNG-FU* or *INSIDE KARATE* for 1 year (12 issues) for only \$20 each and save over 40% off the cover price. That's a \$15.40 savings off the regular newsstand price!

- ☐ Please send me a one-year subscription to *INSIDE KUNG-FU*.
☐ Please send me a one-year subscription to *INSIDE KARATE*.

NAME

ADDRESS

CITY

STATE ZIP

- ☐ PAYMENT ENCLOSED
☐ Please charge my: ☐ VISA ☐ MASTERCARD

CREDIT CARD #

EXPIRATION DATE

SIGNATURE

This rate limited to the U.S. and its possessions. Canada and elsewhere add \$10.00 per subscription per year. U.S. Funds only.

Send to:

CFW Enterprises, Inc.
P.O. Box 404
Mount Morris, IL 61054-8066

For faster service, call:

1-800-877-5528

"FEW TAI CHI INSTRUCTORS ATTEMPT TO APPLY THE PRINCIPLES OF THE ART TO REALISTIC FIGHTING SITUATIONS BY HAVING THEIR STUDENTS TRAIN AGAINST VIGOROUS ATTACKS."



Especially when one person is much smaller than another, the tactics should use concussive energy when counterattacking. The defender (1) is using such defense from the Yang tai chi small san sau applications form to hurt the attacker's arm and "jerk" him in the opposite direction to which her follow-up (2) strike will take.

and skill levels is essential. Doing so greatly increases your potential growth in terms of the martial exercises of push hands and da-lu.

Conversely, such training is difficult to appreciate for those students who are drawn to tai chi by its apparent softness as well as a desire to learn martial skills.

Such students may have little or no experience with the more aggressive martial arts and feel contempt for the hard stylist's supposed reliance on speed and muscular force.

Sadly for the development of such students as martial artists, what works well at an intermediate level of skill with a partner from your own tai chi class is likely to collapse when tested by someone whose martial style emphasizes committed attacks; much less against the wild swings of an attacker fueled by emotion, alcohol/drugs or foul motives.

In terms of self-defense training, very few tai chi instructors attempt to apply the principles of the art to realistic fighting situations by having their students train, at least some of the time, against vigorous attacks.

In a fight, survival (at the risk of shattering illusions) usually rests with those who blend offense and defensive tactics and don't just hope to stumble upon a suitable tactic by being totally on the defensive.

A master of push hands may well have little trouble with a real attacker; but such paragons are few and far between. The average instructor,

much less student of tai chi, is in for a nasty surprise if he thinks the skills gained through competition push hands or training for one or two years with the same partners will somehow translate to fending off an aggressive, experienced fighter.

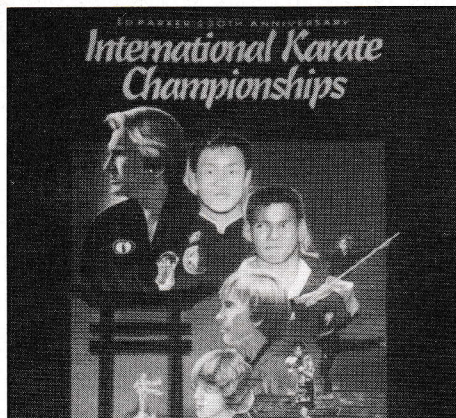
VALID SELF-DEFENSE SKILLS

In regard to the latter, it is very true that martial training usually makes the practitioner less likely to get into meaningless fights or be aggressive. However, lack of martial training is no handicap to the numerous thugs and brawlers who have learned the hard way how to take and throw a punch.

Those few schools that combine push hands training with applications training against strong attacks are more likely to produce skills considered valid in self-defense terms. A stiff and forceful attack cannot be "wished" away. The defense must be as committed as the attack, even if the means used are comparatively relaxed and subtle.

There is nothing wrong with confining your study of the functional side of tai chi chuan to its martial exercises—push hands and da-lu. However, please don't assume that this has automatically given you self-defense skills.

Finally, for those who plan to rely on developing chi projection power to effortlessly throw away an attacker without having to touch him...write to me from the hospital if you survive the first test of your ability by a mugger! **IKF**

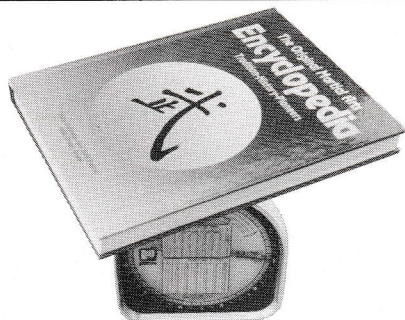


KNOW NOW Salutes the Martial Arts Legends: **ED PARKER and BRUCE LEE**

ED PARKER POSTER

Souvenir 30th anniversary poster of
the most famous tournament of all, the
Internationals. Full color on heavy stock.
17-1/2 x 22-1/4". **\$10.00**

THE MARTIAL ARTS ENCYCLOPEDIA



\$24.95 (or \$8.32/lb.)

Everything you ever wanted to know about the martial arts in one place, but didn't know where to look! Who's-Who, What's-What, When, How, Why, Photos to answer your question "so that's what he looks like" (see what President Theodore Roosevelt's judo instructor, Yoshiaki Yamashita looks like or Master Kentsu Yabu, who introduced karate to Hawaii in 1927 and Brandon Lee from his 1992 film *Rapid Fire*). There's even stuff you don't think you need to know about yet!

TRADITIONS from all the arts including Capoeira, Kalari Payat and Sambo are featured along with Aikido through Xing Yi.

HISTORY with martial arts chronology from 720 (no, not 1720 — 720) through 1992 are cataloged.

WEAPONS described in words, photos and some in drawings are featured from Aikuchi through Zubon!?!

PIONEERS like the well known Abderrahman through Zen Nihon Naginata-Do Remmei are written about and some photographed. Many lesser known figures are also included.

MOVIES AND TELEVISION from Thomas Edison's crude recording of Gentleman Jim Corbett boxing with Peter Courtney in 1894 through the Muntant Ninja Turtles are mentioned and shown.

Think of this 3 pound volume as the encyclopedia you'd find in the public library but only about the martial arts! Everything is cross referenced, indexed, bibliographed and bound in a hard-cover tome. Still not convinced.....how about over 1 million facts (25,000 facts/ounce).....over 333 photos/pound.....450 pages!!!!

\$24.95

ED PARKER'S ENCYCLOPEDIA OF KENPO

The task of this book has been monumental — a true lifelong labor of love. Well over 30 years were spent developing this book, a dream of the late Ed Parker has finally come true.

On December 15, 1990, Ed Parker sadly passed away at the untimely age of 59. Prior to his death, Parker had upgraded, categorized, labeled and defined movements, concepts, principles and terminology pertaining to American Kenpo. For centuries these movements were left undefined, and were sometimes referred to as "secrets" and or "chi."

This book contains the complete comprehensive terms and definitions for Kenpo as developed by Ed Parker, the "Father of American Kenpo Karate." Within this publication hundreds of detailed photos, illustrations and explanations are contained to assist the novice as well as the advanced practitioner with their training (both mental and physical).

142 pages, 8-1/2 X 11, categorized terminology from A to Z, list price: \$24.95.

Our Price: \$19.95

THE ZEN OF KENPO

by Ed Parker is an accumulation of a vast number of Parker's thoughts over the past thirty years. They are observations covering a broad range of subjects relating not only to the martial arts and combat wisdom, but also to realistic views, logic, modern philosophy, and everyday life.

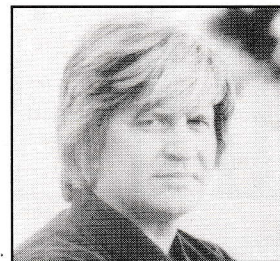
\$10.95

KENPO KARATE: Law of the fist and the Empty Hand.

by Ed Parker teaches one how to fell an opponent through the manipulation of the hands, feet, knees and elbows. Each blow is delivered swiftly and precisely so that very little time is spent. The coordination developed is such that three opponents can receive a blow at exactly the same moment. Using the many parts of the body as weapons, combined with the knowledge of maneuverability, a person with the knowledge of KENPO KARATE can be equivalent to three or more men.

\$10.95

ED PARKER VIDEOS



Ed Parker and his art LIVE ON through the magic of video tape! Learn the art of American Kenpo from the founder himself! These tapes teach material learned in Ed Parker's actual Karate studios and are designed to educate you in either your home or to enhance your learning if you are already enrolled in any kind of martial arts training program. With the addition of graphics to enhance the techniques themselves, it becomes a step-by-step method of rapidly learning the concepts and principles of Master Parker's revolutionary martial art.

Volume 1 - Sophisticated Basics One:

Series Introduction, Attention Stance, Horse Stance, Bow & Arrow Stances, Kneel & Cat Stances, Twist & One Leg Stances, Specialized Stances - the basic foundation for all videos to come.

\$45.00

Volume 2 - Sophisticated Basics Two:

Maneuvering introduction, Foot Maneuvers, Step Throughs, Shuffles, Crossovers, Twists, Jumps, Dives, Specialized Maneuvers. Body Maneuvers, Turning, Riding, Rolling, Slipping, Bobbing, Weaving, Falling - the basic foundation for all movement.

\$45.00



KNOW NOW

P.O. Box 3449

Los Angeles, CA 90078

■ SINCE 1976 ■

name _____
address _____
city _____
state _____ zip _____

description _____

CA add 8.25% _____



shipping **\$3.00**

total _____

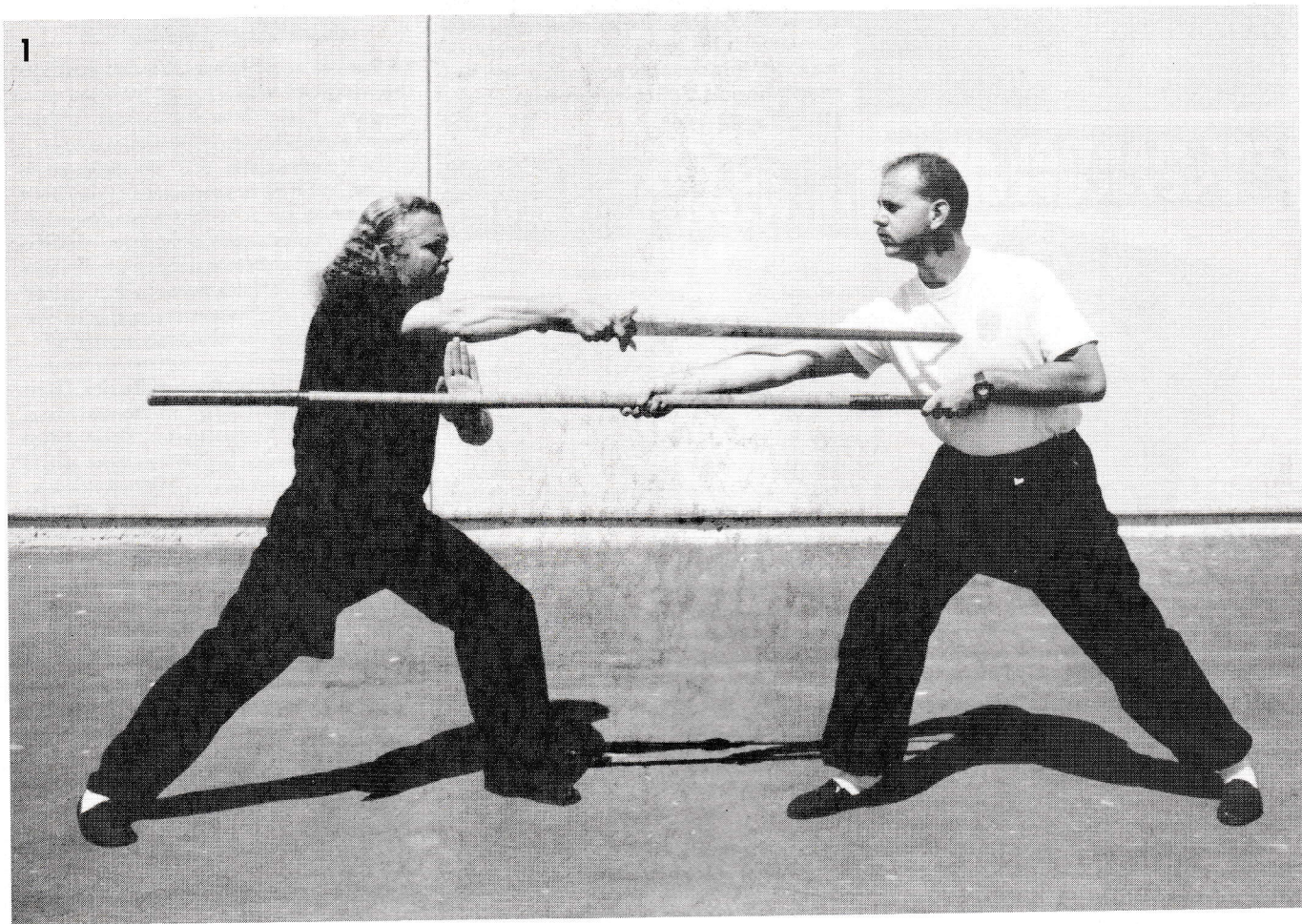
card # _____

expiration date _____

signature _____

phone _____

THE TAI CHI SWORD



If mastering the tai chi sword is one of the great achievements in Chinese martial arts, why aren't more people taking advantage of this ancient treasure?

BY MARK WASSON

Experienced tai chi practitioners know that mastering the tai chi sword is perhaps the highest achievement for any tai chi internal stylist. Why, then, with so many people in this country and all over the world taking tai chi, aren't more people learning and practicing this very advanced aspect of tai chi chuan?

One reason the tai chi sword has not proliferated in this country is that there just aren't enough qualified teachers. To teach the tai chi sword takes more than just knowing the movements of the form, or even being able to perform the form well. To teach the tai chi sword properly demands understanding. That means understanding why the movements are there and how they

apply in a martial sense against other weapons.

COMPLEX SYSTEM

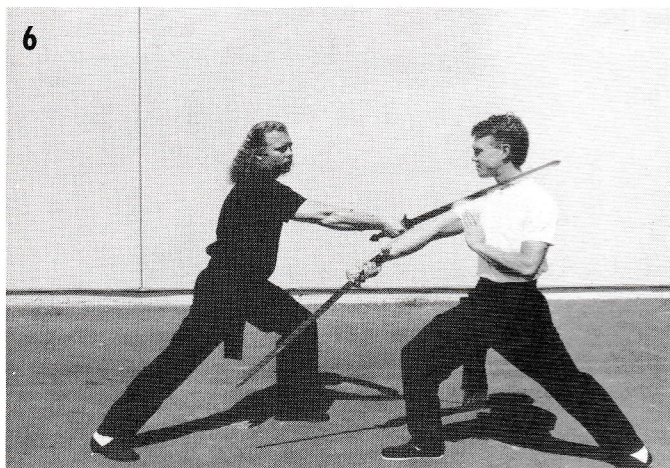
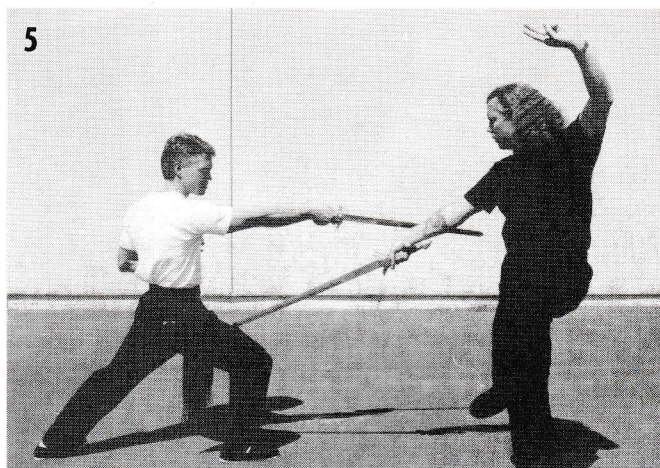
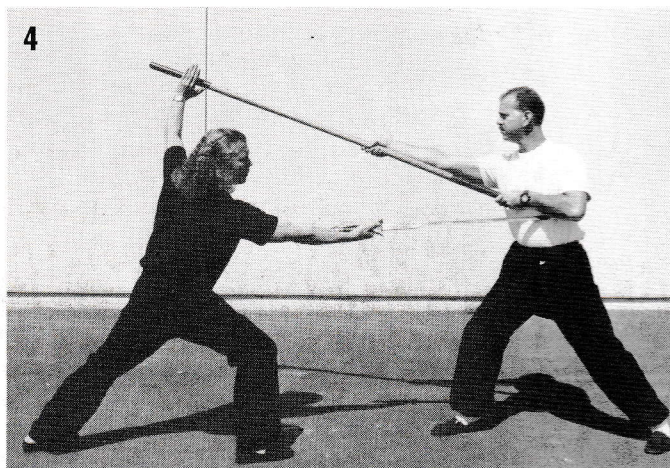
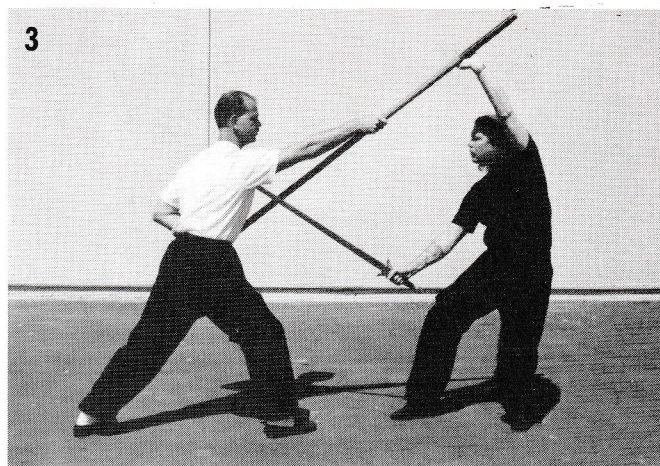
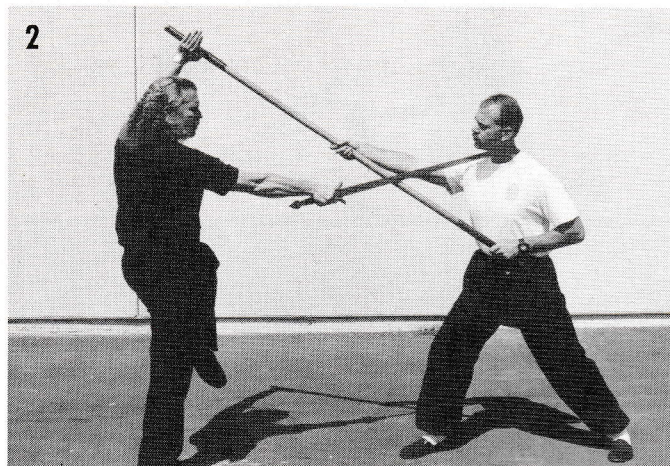
As with the open-hand form, when one understands the why of any given movement, then the mental aspect of tai chi comes into play. And when the mind becomes active in the form, the greater aspects of tai chi come into being. In other words, the form becomes a living expression of the moment, and because it's alive it is always changing and expanding. Every performance brings a new experience.

Another reason the sword form has been neglected in this country is because of tai chi's overall complexity and the use of internal power that tai chi chuan requires. In China, the

learning process for this advanced weapon usually does not even begin until the fifth, and sometimes as long as the tenth year of practicing the open-hand form. This may seem a long time to wait to learn something by Western standards, but in most cases it is warranted. For the tai chi sword to properly function as a weapon, it requires a connection to one's internal power, unlike other sword styles which are simply external extensions of the body.

All the principles that govern the open-hand form—sticking, adhering, yielding, redirecting—apply as well to the tai chi sword. To gain this sensitivity one has to transfer much of one's chi to the sword to feel, or sense, through the sword your opponent's force and intent. This

Photos by Cliff Sprague



Note: The position known as sword hand, where the last two fingers and thumb of the left hand curl in to form an "O" and the first two fingers remain straight, is only used while practicing the form to balance one's chi. In real-life situations, an open palm is used. To use the sword hand position to block a staff or spear would guarantee you plenty of broken fingers and possibly a broken arm. You should never block an edged weapon with an open

hand. Shown here, with their Chinese name description, are only a few of the sword techniques contained within the tai chi sword form: 1. (Opposite page) Pushing the boat with the current. 2. Birds returning to the forest at nightfall. 3. Phoenix lifts its head. 4. Scoop up the moon from the sea bottom. 5. Probing the sea. 6. Wipe left. 7. Swallow skims over the water.

takes a fair amount of time practicing the open-hand form.

WHAT'S THE USE?

Finally, why learn a weapon that is obviously outdated when nothing, as they say, is faster than a speeding bullet? While it is true that very few people carry swords today...or staffs or spears for that

matter, learning a weapon, especially for the tai chi martial artist, is very beneficial because it teaches the student how to move his chi. This alone is worth learning the sword form, because when you can move your chi it makes all your open-hand techniques that much more powerful.

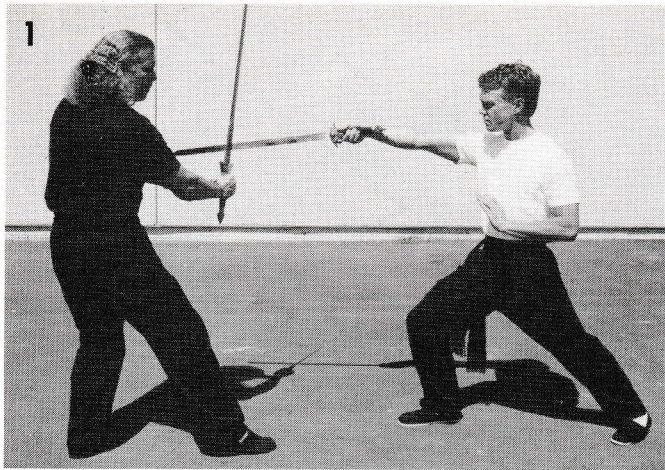
So, now that you can appreciate the benefits gained by learning a tai

chi weapon, let's talk about the tai chi sword. First, there are a number of different styles. The Yang sword form, created by Yang Lu Chan, is by far the most popular style. Because of its popularity, it is probably the easiest style in which to find a good teacher. Then there is the Wu style sword form, the Chen style, and the Wu Dong style. These four

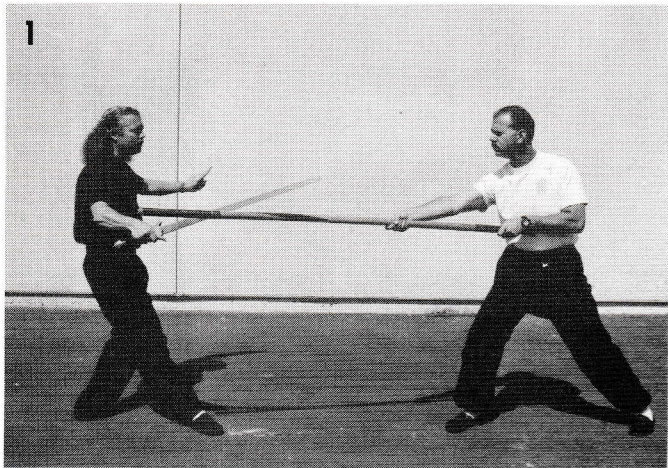
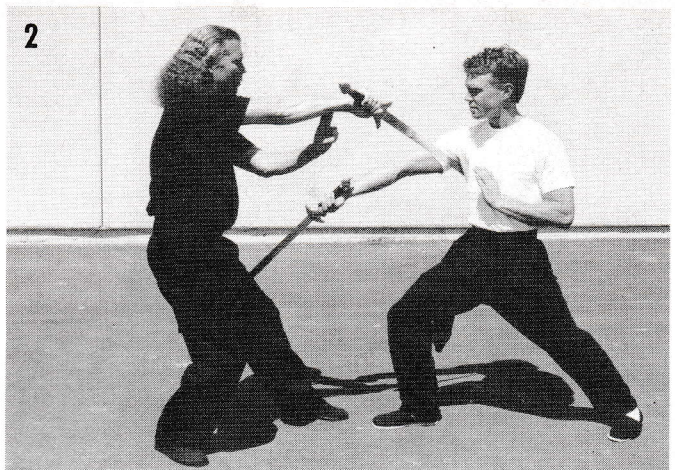
are the most famous styles, of course, and do not reflect on the validity or worth of some of the lesser-known systems. In fact, all the tai chi sword forms are good. That is because they are all based on tai chi principles.

CONSTRUCTION DIFFERENCES

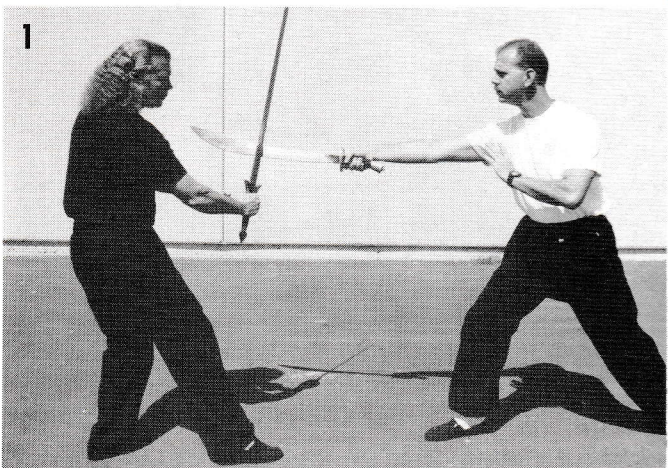
The tai chi straight sword is somewhat different in its construction



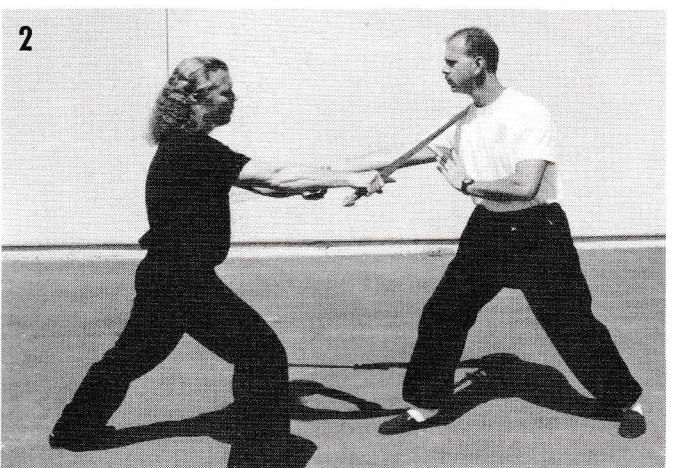
Small star. Parry left, continue circling left and slice up under the opponent's attacking arm (1-2).



Dragon playing in the water. Parry right, continuing to circle the sword around, and stab forward (1-2).



Wipe right. Parry left and slide up the opposing weapon to slice the wrist or throat (1-2).



than the regular double-edge sword used in the external styles such as shaolin kung-fu. The tai chi sword, like the Wu Dong sword, for example, is generally a few inches longer than the average double-edge sword. Also, the blade on a tai chi sword has three distinct parts or aspects.

The top third of the blade, or the tip, is thin and ground razor sharp. This is the business end of the sword. The tip is used for slicing, stabbing,

and pricking. One never blocks or parries with the tip of the blade because it can be easily dented or broken.

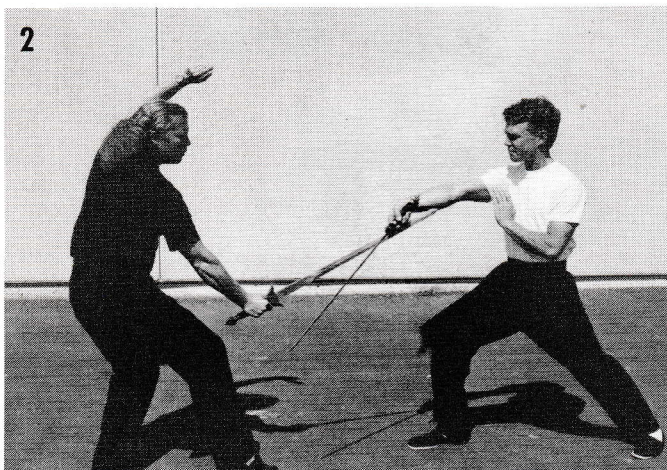
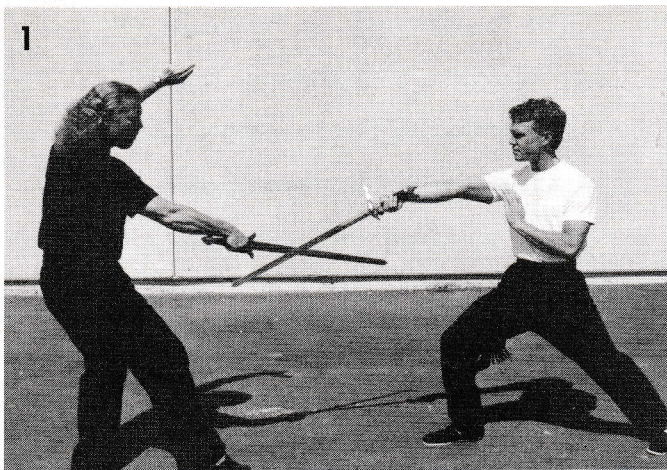
The middle portion, or third, of the blade has a sharpened edge, but is thicker than the tip. This part of the sword is for parrying (deflecting) other weapons and close-in strikes. This is also the part of the blade that sticks to your opponent's weapon.

From the hilt to a third of the way up the blade, the metal on a tai chi sword is thick, perhaps a quarter of an inch, and is squared off. This part of the blade has no cutting edge at all, because this part of the blade is for blocking a very violent and powerful attack as is seen from a broadsword or staff.

SWORD STRATEGY

Tai chi sword strategy is to first disarm then finish off the opponent. You side step lunges, parry long and short-edged weapons, and only meet force against force when there is no other recourse. The main areas of attack are the wrist tendons, thigh tendons and arteries, throat, and the

Mark Wasson is a Livermore, California-based tai chi instructor with 20 years experience in the internal styles. He can be reached at (510) 443-4911.



Parting the grass in search of snakes. Intercept the opponent's weapon (1) and in a tight, circular counterclockwise motion, whip the sword up to cut the wrist of the opponent (2). This is also a good technique for disarming your opponent.

tendons under the opponent's attacking arm. An example of a tai chi sword technique would be to parry an opponent's attack, then stick your sword to the attacking weapon, sliding your sword up the weapon to slice your opponent's attacking wrist.

Try to picture a snake coiling around a tree branch as it makes its way up the tree in search of a meal. This sticking ability is first learned through the practice of pushing-hands exercise. Though the tai chi sword strategy is to first disarm the opponent, it is not solely limited to this strategy. There are a number of deadly thrusts—to the throat, neck and abdomen—that can bring an immediate and permanent halt to any attacker.

At its highest level, the tai chi sword should never touch an opponent's weapon. That is the theory. The truth is, however, in a real fight things never quite happen as they were practiced in a learning environment. While quickside-stepping and slicing will work against short weapons, blocking and parry-

ing are required to move in on an opponent wielding a long weapon, such as a staff or spear.

The bottom third of the tai chi sword is squared off so that violent blocks and parries can be used to close the distance on an opponent using a long weapon. In these instances, the tai chi sword's fighting technique resembles the Japanese art of kendo, with hard blocks, weapon against weapon, and powerful slices. Against an opponent wielding a straight sword, however, the tai chi sword stylist will use more of the small, circular, fencing techniques that are incorporated into the tai chi sword's fighting style.

Because of its flexibility in any situation, to be hard and powerful or soft and subtle, the tai chi straight sword has proven to be the weapon of choice for many martial artists the world over. When you add its great health benefits, it's only just a matter of time before more and more people in this country take up this unique and rewarding aspect of tai chi chuan.

IKF

MICHAEL DEPASQUALE JR. ENTERPRISES PRESENTS:

The Best In Ju-Jitsu

"DePasquale's Ju-Jitsu is street effective, real and to the point, I highly recommend it." — Joe Lewis: Former World Heavyweight Karate Champion. •••

"Scientific and Effective! The DePasquale Ju-Jitsu systems blends to all Ju-Jitsu styles." — Wally Jay: Ju-Jitsu America, Founder Small Circle Ju-Jitsu. •••

"According to student response, Michael DePasquale Jr.'s Combat Ju-Jitsu was the most popular program offered at the Karate College." — Jerry Beasley: Director of Karate College. •••

"I'm impressed by the common sense self defense of the DePasquales." — Doug Moss: President Madison Square Garden Network. •••

"Energetic, complete and practical, the DePasquale Ju-Jitsu system is very effective." — Bill Wallace: World Middleweight Karate Champion. ••• "My students and myself all benefited from the DePasquale's Combat Ju-Jitsu Seminars." — Steve "Nasty" Anderson: World Champion.



SHARK BAIT SELF-DEFENSE—\$29.95

ONE MAN AGAINST MULTIPLE ATTACKERS.

Using knives, clubs, ropes, guns, chokes, punches, bear hugs, etc. NO HOLD BARRED ALL ATTACKS ARE FOR REAL!

COMBAT JU-JITSU SELF-DEFENSE Tape Series —\$34.95ea.

Tape #1—20 point blocking and dual strikes 1-10

Tape #2—Drills 1-20

Tape #3—Katas 1-15

Tape #4—Katas 16-30

SPECIAL—Tape #5 (\$29.95) Michael DePasquale Jr.'s 10 favorite street fighting techniques.

SPECIAL—Tape #6 (\$29.95)

Te-Waza Hand Techniques presented by Ju-Jitsu pioneer Michael DePasquale Sr.

DEPASQUALE YOSHITSUNE JU-JITSU KATA —\$34.95 ea.

Tape #1—1-7 Yellow belt rank.

Tape #2—8-14 Green belt rank.

Tape #3—15-21 Blue belt rank.

Tape #4—22-28 Brown belt rank.

Tape #5—29-38 Black belt rank.

By learning the 38 Katas, you may qualify for an Associate Black Belt Rank in Yoshitsune Ju-Jitsu

ALL JU-JITSU BLACK BELT CEREMONIES Include:

Blocking, Punching, Kicking, Judo, Formal Ju-Jitsu Katas, Combat Ju-Jitsu Katas, multiple attackers and more!

Order 3 or more videos and get 15% off!

The Best In Ju-Jitsu

Combat Ju-Jitsu Tape Series: — \$34.95ea.

☐ Tape #1 ☐ #2 ☐ #3 ☐ #4 ☐ #5 ☐ #6

Yoshitsune Ju-Jitsu Tape Series: — \$34.95ea.

☐ Tape #1 ☐ #2 ☐ #3 ☐ #4 ☐ #5

☐ Shark Bait Self Defense Tape — \$29.95

☐ Black Belt Ceremony Tape — \$49.95

Please add \$4.00 for shipping and handling. Send check or money order to: Michael DePasquale Jr. Enterprises

P.O. Box 8538 Woodcliff Lake, N.J. 07675

For COD or Credit Card service call: (201) 573-8028



Name: _____

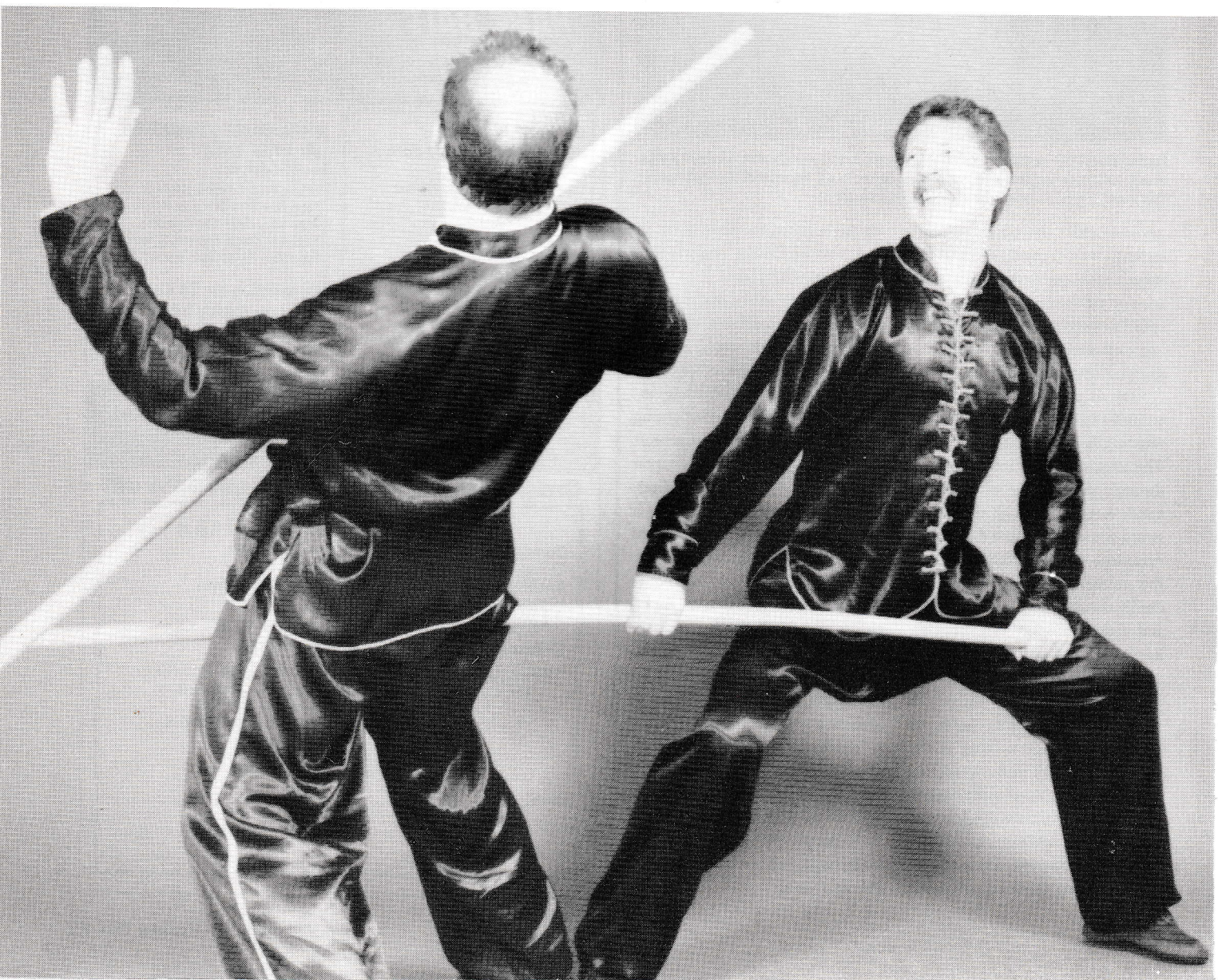
Address: _____

City/State/ Zip: _____

7-Star Praying Mantis' 5th Son Staff

Its versatility in combat,
dynamic footwork and
practical approach to
battle make it formidable
against any weapon.

BY TONY E. CLARK





n the peaks of Ng Toi Mountain during the 17th century in Mainland China rested a small Buddhist priory. Each day the monks could be found training open-hand boxing and various bladed and non-bladed weapons. With the monastery abbot leading them in both their spiritual and martial arts training, the monks of Ng Toi Mountain were known mostly for their mastery of the northern staff.

The abbot had been raised in a time of political turmoil in China and was born the son of the famous general K.Y. Yang. Thus, he was introduced to a great many masters of martial arts in his youth. He, however, pursued a religious vocation, while his four older brothers followed their father in becoming military leaders and generals.

One misty afternoon a junior monk reported to the abbot of a battle between two armies of unequal strength below the monastery. The cries of those losing their lives grew louder as the onslaught became more intense. Later, when the shroud of mist began to clear, the abbot gained total sight of both armies. He recognized the banner of his brother, general Poon Yang, and realized his sibling's army was both severely battered and surrounded.

Gathering several monks trained with the principles and applications of the simple rattan staff (gwun), the abbot and his men charged down Ng Toi Mountain to give aid. They fought bravely, saving the lives of the abbot's brother and his troops.

This historic rescue account by K.Y. Yang and his fellow monks using a simple staff is the origin of the name "5th son staff" of the northern 7-star mantis kung-fu system. The "5th son staff" (ng long gwun) form is characterized by tremendous torquing power which can thrust through even the strongest defense, and its use of both staff ends. Its versatility in combat, dynamic footwork, and practical approach to battle make it formidable against any weapon.

THE NORTHERN SHAOLIN INFLUENCE

To appreciate the characteristics of the northern praying mantis staff, we must first distinguish the difference in tactics between the northern and southern methods of its use. Commonly, staff techniques from the north employ both ends of the staff. One end is used to trap or parry an oncoming weapon, while the other executes an immediate counterattack. The northern staff is often referred to as a double-headed staff or "seung to gwun".

Some northern systems grasp their staff with both ends equally spaced near the middle to accommodate speedy use of either tip. In contrast,

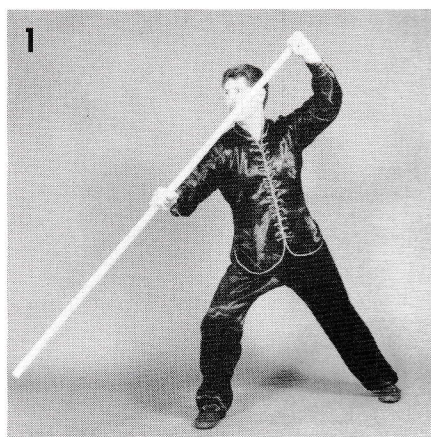
Tony E. Clark is a closed-door disciple of master Jon Funk and operates a fulltime 7-star praying mantis kung-fu academy in Eugene, Oregon.



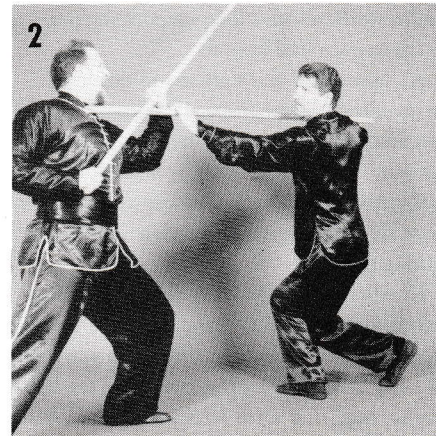
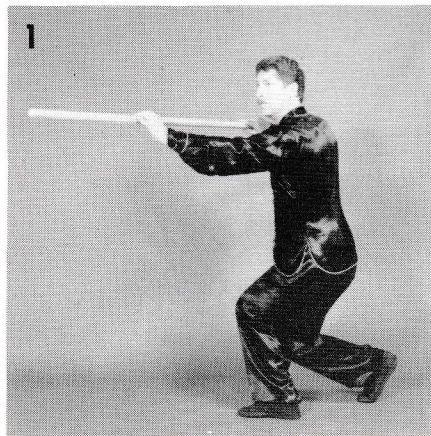
Catching the opponent's hand in a counterstrike action (1-2).



The staff is struck to an opponent's midsection (1-2).



A low strike to the back of the opponent's knee (1-2).



A horizontal strike to the opponent's throat (1-2).

some northern systems, such as northern praying mantis, hold the staff at one end for the purpose of reach, and slide the hands from end to end to utilize both tips of the weapon. The previous tactics vary from the southern method which commonly uses only the end third of the staff. It is with the same end that the southern stylist blocks, parries, and strikes.

Southern kung-fu often differs from its northern counterpart in that it uses a hardwood staff capped at each end with metal, whereas northern staffs are constructed of rattan or waxwood and are generally thinner and more flexible. The southern staff method of application is modeled after the usages of the spear, preferring a circular movement to parry and entrap an oncoming weapon, and then execute a strike by thrusting the staff forward.

Another noticeable difference between the northern and southern staff is in the method by which the practitioner places his hands. The northern practitioner simply holds his staff by placing both hands down in the same position, while the southern method is to place the forehand up. The southern hand position method is known as yin and yang hand, respectively. It should be added that there are few notable northern styles that borrow tactics from each other, such as choy lay fut and pak mei fut gar.

POWER AND APPLICATION

Staff forms are common among nearly all martial arts systems regardless of their country of origin. We are safe in saying, however, that the bulk of what we know as staff fighting methods today were created and/or perfected in the training halls of the Shaolin Temple of Honan province. This becomes quite evident when making a comparison between the staff tactics created by the Shaolin monks and modern methods used by most hard and soft styles today.

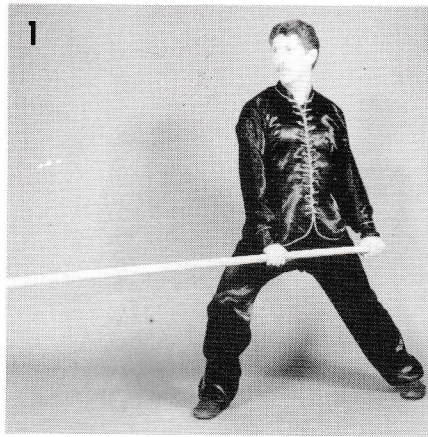
Nearly all systems prefer to teach the staff as the first weapon. Seven-star praying mantis also adopts this practice by teaching *ng long gwun* to school novices. A common thread among all Chinese martial arts disciplines is that they view the simple pole to be the "father of all weapons"; in other words, all other long weapons are considered to have evolved from it.

All open hand and staff sets in northern 7-star mantis emphasize practical application rather than aesthetic beauty, and the praying mantis staff is no exception. It is felt by practitioners of northern mantis that elaborate leaps, jumps, and poses are unnecessary to develop sound staff fighting skills.

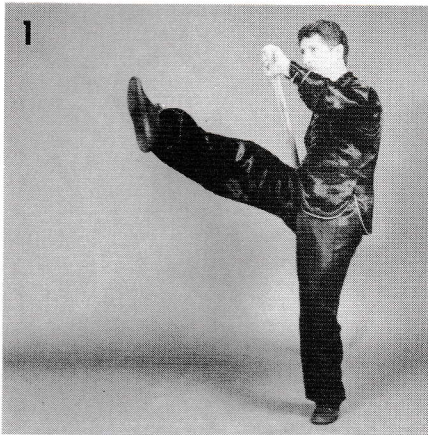
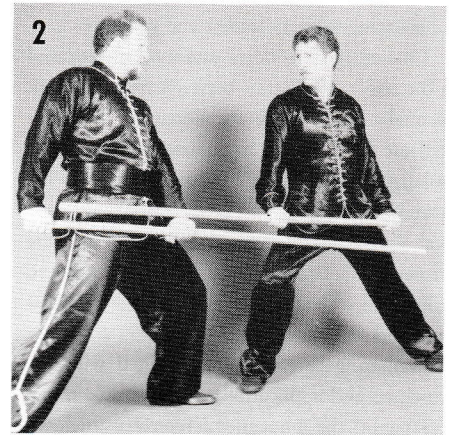
The first goal in learning the *ng long gwun* form is to gain an understanding of the proper structure and body mechanics to attain power in the staff. Using the body as a fulcrum, the staff should "hug" the torso to insure control and

Continued on page 107

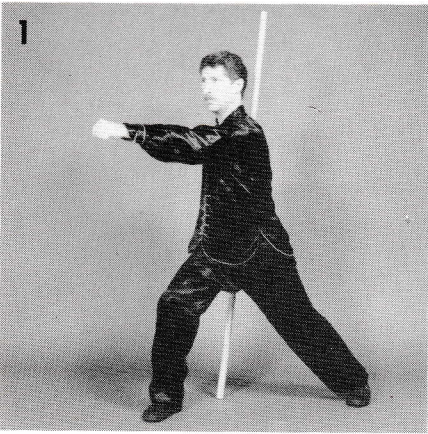
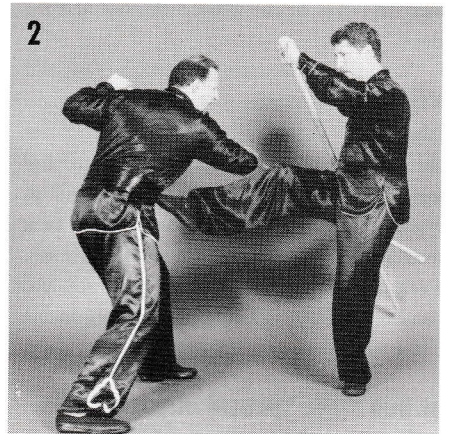
"Understanding ng long gwun will provide the foundation for advanced weapons knowledge and mastery."



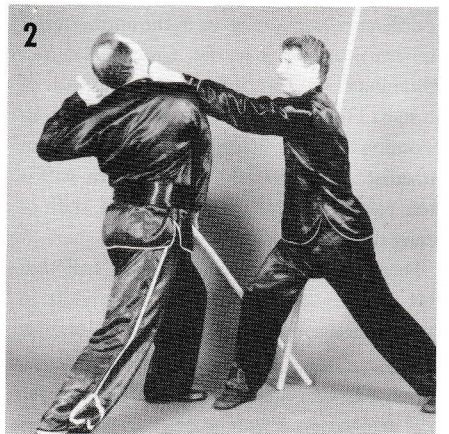
Striking downward to the opponent's hand (1-2).

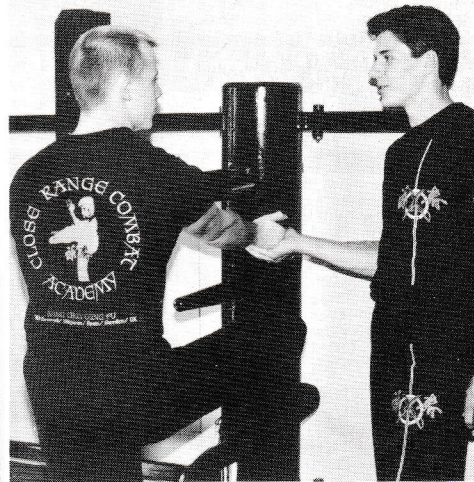
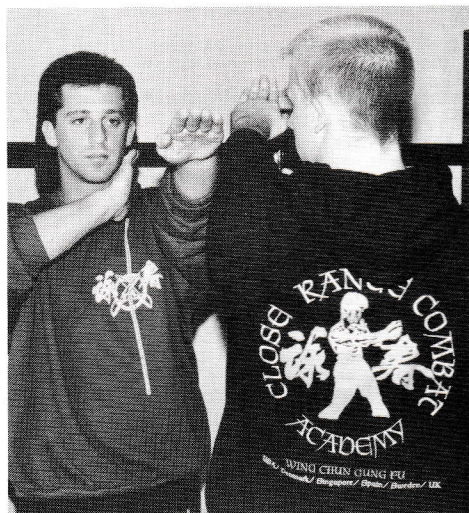
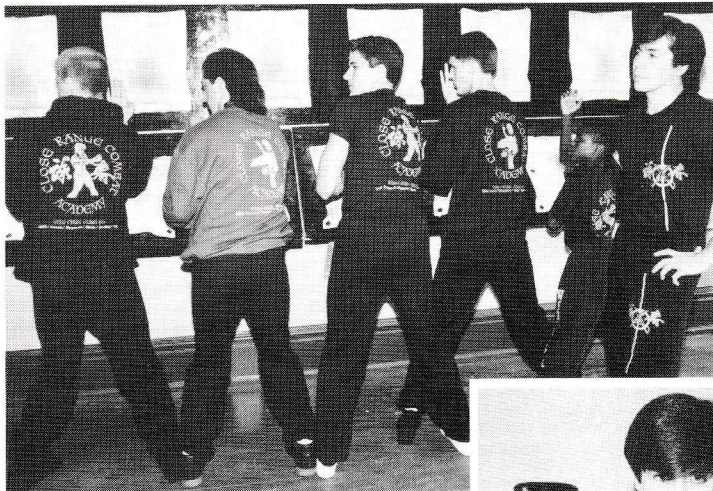


Trapping the opponent's staff, a kick is executed to the midsection (1-2).



Trapping the opponent's staff aside, a punch is directed to the head (1-2).





WING CHUN GUNG FU
USA/ Denmark/ Singapore/ Spain/ Sweden/ UK

WC - 1

WING CHUN

TEES, SWEATS, SATIN JACKETS AND MORE !!!



WING CHUN GUNG FU
USA/ Denmark/ Singapore/ Spain/ Sweden/ UK

WC - 2



Randy Williams' Close Range Combat Academy is now offering its official Tee Shirts, Satin Jackets, Sweat Shirts, and Sweat Suits to Wing Chun practitioners worldwide. All items feature the Rattan Ring/Crossed Butterfly Sword/Long Pole running up and down the full length of the front/left with one of the two back designs above. Sweatpants have the two color Pole/Ring/Knives design down the front/left leg.

Tees, Satin Jackets, and Sweat Pants are black with gold/purple two color design screened on. Sweat Shirts are either black with gold/purple or purple with gold/gray design.

ORDER FORM

TEE SHIRTS - \$13 CHECK BOX FOR BACK DESIGN: WC - 1 ☐ WC - 2 ☐ SIZE _____ QTY _____

SWEAT SHIRT #1 - \$20 COLOR: BLACK ☐ PURPLE ☐ WC-1 ☐ WC - 2 ☐ SIZE _____ QTY _____

SWEAT SHIRT #2 - \$24 BLACK HOODED SWEATSHIRT WITH HAND WARMERS: WC-1 ☐ WC - 2 ☐ SIZE _____ QTY _____

SWEAT PANTS - \$26 SIZE _____

SATIN JACKET - \$60 WC-1 ☐ WC - 2 ☐ SIZE _____ QTY _____

ALSO AVAILABLE: TOP QUALITY RATTAN RING (as featured in Randy Williams' Video Series) - \$ 30 ☐ QTY _____

CLOSE RANGE COMBAT ACADEMY WATCH - \$50 ☐ Features WC - 1 design around dial,
gold with black alligator band QTY _____

Mail order to: Close Range Combat Academy (make check payable to: G. Zummo)
5826 N. Wayne
Chicago, IL 60660

Orders under \$30 include \$3 postage & handling
Orders over \$30 include \$5 postage & handling
Outside US include \$10 postage & handling

ALL ITEMS AVAILABLE IN: S M L XL XXL

ESPY-TV MARTIAL ART VIDEOS

QUALITY INSTRUCTIONAL VIDEOS AT AFFORDABLE PRICES SINCE 1982

NICK CERIO'S KENPO

Professor Cerio teaches the ultra-efficient self-defense techniques of Kenpo. Prof. Cerio was promoted to 9th degree Black Belt by the late Grandmaster Ed Parker. "New England's Kenpo authority" - Inside King-Fu

Tape 1 - Intermediate Kenpo Hands - Use your hands to deal with an incoming attacker. A good intro to the continuous returning fist of Kenpo. \$29.95
Tape 2 - Advanced Kenpo Hands - More advanced techniques utilizing the arms and upper body. \$29.95
Tape 3 - Kenpo Bo Staff Techniques - The Bo staff form is shown and the techniques explained in detail. \$29.95
Tape 4 - Kenpo Hand Connections - Professor Cerio covers the moves and techniques integral to the proper use of Kenpo self-defense techniques. - \$39.95



KOKUSHI-RYU JUJUTSU PROFESSOR NOBUYOSHI HIGASHI

Soke Higashi founded Kokushi-Ryu Jujutsu in 1965. The system is the culmination of Higashi's research into ancient Jujutsu, Judo, Karate, Aikido, & others.

Tape #1 JUJUTSU-NO-WAZA - Includes: Ukemi (breakfalls) and 54 techniques of Jujutsu: Chikama-no-waza (close front techniques), Yoko-no-waza (side techniques) & Ushiro-no-waza (rear techniques) \$29.95



DRAGON STYLE KUNG FU SIFU YIP WING HONG

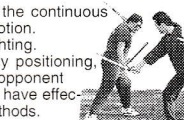
The Dragon style is an aggressive fighting system blending external & internal power. It incorporates sliding footwork that resembles the moves of the dragon with unique arm-work and shoulder positioning. An excellent system for close-in self defense. 45 min. - \$29.95



ESCRIMA WEAPONS TO EMPTY HANDS - RENE LATOSA

The lightning fast self-defense of the Filipino Martial Arts is demonstrated and explained by noted teacher and author Rene Latosa in this video series. See the art of stick fighting and its extension to empty hand fighting. Tapes are 45 minutes to 1 hour long and cost \$29.95 each.

Tape #1 - THE FIGURE EIGHT THEORY - How to conceptualize and use the continuous one motion defenses and attacks of Escrima. Learn to block & strike in one motion.
Tape #2 - CADENA DE MANO - The classic Filipino system of empty hand fighting.
Tape #3 - THE BOX SYSTEM - Rene Latosa's approach to footwork, body positioning, defensive counters and offensive attacks. Learn how to zone yourself to your opponent.
Tape #4 - POWER, SPEED, TIMING & MOTION - How to use the power you have effectively, coordinate speed and timing utilizing sticks, empty hands and training methods.



WORLD OYAMA KARATE SAIKO-SHIHAN SHIGERU OYAMA

SHIGERU OYAMA has been teaching in the U.S. since 1967. Oyama holds a ninth degree black belt in karate and the title "Saiko-shihan". He stresses a "use whatever works" approach to serious urban self-defense. These tapes show the legendary Oyama power and speed.

PERFECT KARATE #1 shows the fundamentals of punching, kicking and blocking as well as judging your distance and looking for an opening. A demonstration of traditional weapons features Oyama stopping a full overhead sabre cut with his bare hands!

PERFECT KARATE #2 stresses combinations of hand techniques as well as hand & foot techniques. Different ways of offense are examined as well as sweeping and throwing with emphasis given to setting up the knockout punch. \$29.95 Each



KNOCKDOWN KARATE CHAMPIONSHIPS

See the top Oyama students in international full contact, no protection, knock down matches. The toughest action you probably ever seen! \$29.95 Each
#1 - 1990, #2 - 1992, #3 - 1993

JODO - SUBURI-20 techniques, KUMI JO 2-Man Techniques & AWASE-3 sets & applications - \$29.95

KOBUDO - 1 - THE BO, 2 - THE SAI 3 - THE TONFA, 4 - THE NUNCHAKU & ADVANCED BO \$29.95 each, Endorsed by Ryukyu Amer. East. Karate & Kobudo Asso.



STREET KENDO

by BRIAN WILKES
"X.X.X.X" Inside Kung Fu

Noted author Brian Wilkes teaches the practical use of the sword & the correct techniques of Kendo. He demonstrates how sword techniques translate into solid street defense.

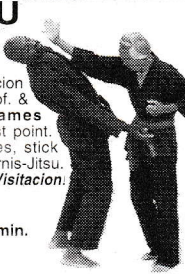
Tape 1 - Examines the history of the katana; Techniques from various kata are shown with the un-armed application. Also, the unusual one point "swordsman's fist" and the principles of strategy. 1 & 1/2 hrs.
Tape 2 - Takes a recreation of a gang attack on one person and demonstrates how to use Japanese tactics to defend. Applications of basic sword draws are taught including releases and counter-locks. 1 hour TAPES \$29.95 EACH



VEE-ARNIS-JITSU PROFESSOR VISITACION SHIHAN DAVID JAMES

For the first time, the legendary Prof. Visitacion puts on video his style of defense. The Prof. & his chief instructor Shihan David James instruct you how to strike from the quickest point. Plus many usable self-defense techniques, stick techniques, & basic understanding of Vee-Arnis-Jitsu. The only authorized videos featuring Prof. Visitacion. Tapes \$29.95 ea.

Tape #1 - Intro to Vee-Arnis-Jitsu 92min.
Tape #2 - Continuing Vee-Arnis-Jitsu 50 min.
Tape #3 - Stick Concepts, Part A 80min
Tape #4 - Stick Concepts, Part B 40min



SANUCES RYU PROFESSOR MOSES POWELL

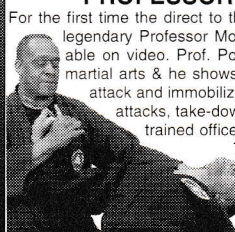
For the first time the direct to the point devastating techniques of the legendary Professor Moses Powell & Sanuces Ryu are available on video. Prof. Powell has trained over 40 years in the martial arts & he shows the way to immediately neutralize an attack and immobilize your assailant. Tape contains blocks, attacks, take-downs and pressure points. Professor has trained officers in many law-enforcement agencies.

This tape series teaches many of the famous techniques.

TAPE #1 - \$29.95

TAPE #2 - \$29.95

TAPE #3 - \$29.95 - NEW VIDEO!



MARTIAL ART WORLD VIDEO MAGAZINE

Here are some highlights from our next twelve monthly Video Magazine Issues.

Issue #13 Chuck Merriman speaks! - Kendo from Master Kataoka - H.K. Movie star Carter Wong - Eagle Claw Kung Fu - Bill Wallace - Full contact events and more...

Issue #14 Bart Vale, Shootfighter - Dr. Jerry Beasley - World Oyama Karate - Shihan Chris Columbo - Kung Fu in Florida - Full contact Karate, Kickboxing and more...

Issue #15 Kathy Long - Escrima, Rene Latosa - Moses Powell - Wing Chun Sifu Chow - Bobby Woodward, youngest Black Belt - Muay Thai, Forms & more...

Issue #16 Earl Montague, Dim Mak - Prof. Ronald Duncan - "Peaches" Simms - Joe Lewis - Wu Mei - Full contact World Oyama Karate, events and more...

Issue #17 Tony Blauer - Karate for the visually impaired at Seido - Shui Chao - Hapkido - Bill Wallace - Full contact Judo competition, Muay Thai, reviews and more...

Issue #18 Wally Jay - Clayton Prince, actor - Hong Kong Chi Kung Clinic - Shihan Mike DePasquale Jr. - 7 Star Praying Mantis, International competition, & more...

Issue #19 Gracie Jiu-Jitsu - Doc Fai Wong - Jeet Kune Do, Ric Tucci - Aikido Festival - Earl Montague - Wu Shu - Full contact Kung Fu - Dave Cater & more...

Issue #20 U.S. Congressmen demo their martial arts, with Jhoon Rhee - Joe Lewis - Lama Kung Fu - Jiu Jitsu - Muay Thai - Full contact Karate - Judo & more...

Issue #21 Paul Vunak - Bey Logan, magazine editor & film producer - Hapkido - David James, Vee-Arnis-Jitsu - Wing Chun - Ninjitsu - Full contact events & more...

Issue #22 Mas Oyama exclusive interview! - Tak Wah Eng, Fu Jow Pai - Hwang Soo Do Demo - Aikido - Full contact Karate, Muay Thai - Ying Jow Pai and more...

Issue #23 Kumar Frantis, Chi Kung - The Handicapped learn Jiu-Jitsu - Escrima - Shorin-Ryu Karate - Wu Shu - Full contact events - USA vs South Africa & more...

Issue #24 Jean Frenette - Hung Gar Master Wan Chi Ming - Tony Blauer - Aikido - Michael DePasquale Jr. & Sr. - Christine Bannon-Rodriguez - Bill Wallace and more...

MARTIAL ART WORLD MAGAZINE BACK ISSUES

\$29.95 EACH, BUY 2 OR MORE FOR ONLY \$24.95 EACH!

#1 Larry Lam, Ninja Turtle - Loren Avedon, Film Star - Ronald Duncan, Ninjitsu - Robert MacEwen, Aikido - Washin-Ryu Karate - Eagle Claw Kung Fu
#2 Jacky Chan - Imoto Taideo, Goju-Ryu - Joe Lewis - Master Breaker - Master Gi - Samurai Vee-Jitsu & More!
#3 Bill Wallace - Master Kudo, Shorin-Ryu - George Harris, Judo - Liang Shoyu, Chi Kung - Shihan Kanamura, Kyokushin Karate & More!
#4 Mark Salzman "Iron & Silk" - Yang Jwing-Ming, Kung Fu - Shorin Ryu Budokan - Hapkido - Exciting competitions & More!
#5 Kenpo 9th Dan Nick Cerio - Tae Kwon Do legend Jhoon Rhee - Bill Wallace - Kyoshi Nick Adler - Kung Fu Demo - Tai Chi Chuan tournament & more.
#6 Master Doc Fai Wong - Capoeira Master Camisa - Washin Ryu Master Hidy Ochai - Yang Tai Chi Master Chan Yu - Bok Mei Demo & more..
#7 Wing Chun Master Leung Ting - Isshin-Ryu Sensei John DeBlasio - Shihan Mike DePasquale Jr. - Master Ronald Duncan Demo & more.
#8 Superstar Jean Frenette - Beijing Wu Shu Team hosted by Mark Salzman - Takahashi Karate - Ninjitsu by Shihan Felix Vasquez - Nei Kung & Tai Chi Master C. K. Chu. & more..
#9 Superstar Jacky Chan - Master Mot P. Marinas, Panandata - Hwang Tang Soo Do - Master Tak Wah Eng of Fu Jow Pai Kung Fu - Mr. Togo & more!
#10 Tae Kwon Do Superstar, Philip Rhee - Arnis Vee-jitsu master James Powers - Tomiki Aikido - Chi Kung Master Chan Tai San - Tae Kwon Do Master S. Henry Cho - & more..
#11 Billy Blanks - Fu Jow Pai Kung Fu school - Shihan Kanamura - Arnis fighting Demo, with Guro Doug Pierre. - And more..
#12 The Jet Center with Blinky Rodriguez - Ying Jow Pai Kung Fu - Aikido master Robert MacEwen Jr. - Sho Kosugi - Sensei Buddy Van Boven. - author, Bob Leideke. & more...

ESPY-TV RESERVES THE RIGHT TO CHANGE THE CONTENTS OF EACH ISSUE WITHOUT PRIOR NOTICE

IMPORTANT

NOTICE!

ALL

ESPY-TV

VIDEOS

ARE

NOW

AVAILABLE

IN ALL

WORLD

TELEVISION

SYSTEMS

ON VHS!

NTSC

PAL

SECAM

CHARGE IT:



1-800-735-6521

TO ORDER BY MAIL,
USE THE COUPON ON
THE NEXT PAGE

ESPY-TV MARTIAL ART VIDEOS

QUALITY INSTRUCTIONAL VIDEOS AT AFFORDABLE PRICES SINCE 1982

EAGLE CLAW KUNG FU SYSTEM

MASTER LEUNG SHUM - Rated "☆☆☆" by Inside Kung Fu

Northern Eagle Claw is an elegant and ancient system using locks, pressure points and grappling techniques. Master Leung Shum is one of the few instructors in the world who can teach the entire system. These 8 tapes range from beginner to intermediate / advanced with basics & forms, the equivalent of 2 years of study under Master Shum. This has been our best selling video series for over 6 years!



- 1-Basic Workout / Kung Lek Kune (Power Fist Form) 2 hrs.
- 2-10 Punches / Jeet Kune (Quick Fist Form) 66 min.
- 3-Punching Techniques / Sui Min Jeung (Small Cotton Palm) 1hr.
- 4-Defense Techniques / Muy Fa Kuen (Plum Flower Fist) 1hr.
- TAPES 1 - 4, \$29.95 ea. Order all four for \$99.95
- 5-Claw Principles 1 & 2 / Law Horn Kuen (Buddha Fist) 1hr.
- 6-Staff Techniques / Kuan Yeung Kuan (Shepherd Staff) 1hr.
- 7-Claw Principles 3 & 4 / Lok Hop Do (6 Direction Sabre) 1hr.
- 8-Claw Principles 5, 6 & 7 / Ng Fu Chueng (5 Tiger Spear) 66min.
- TAPES 5 - 8, \$39.95 ea. Order all four for \$139.95
- ORDER TAPES 1 - 8, GET THE EAGLE CLAW BOOK FREE!

EAGLE CLAW SELF-DEFENSE SERIES

The essence of the Eagle Claw system is contained in the application of techniques; throws, pressure points, kicks, locks and grappling are applied. An invaluable educational tool for all styles. Tapes \$39.95 each



- TAPE #1 EAGLE CLAW CHI KUNG TRAINING & 20 DEFENSE TECHNIQUES 63 minutes.
- TAPE #2 TECHNIQUES 21-40, 10 LOW KICKS & EAGLE CLAW FIGHTING METHODS, 1hour
- EAGLE CLAW & WU TAI CHI DEMO
- A jammed packed demonstration of these ancient martial arts. Hand forms, weapons, Lion Dances and more! 1hr. - \$29.95

WU STYLE TAI CHI CHUAN

MASTER LEUNG SHUM RATED "☆☆☆" Inside Kung Fu

The rare Wu Style system of Tai Chi Chuan is taught in this comprehensive video series. Master Shum has been studying and teaching Wu Style for over 30 years.



- #1 THE LONG FORM Step-by-step instruction teaches the complete long form. An illustrated book with each move is included. Includes demos of other Wu forms! 72min. with book
- #2 PUSH HANDS The complete Wu Style push hands system is taught by Sifu Shum. From basics to standing push hands to walking push hands to self-defense. 1 hr.
- #3 TAI CHI CHUAN SELF-DEFENSE VOL. 1 Important Chi Kung power & breathing exercises. Basic blocks & strikes from the form are taught. 1hr
- #4 TAI CHI CHUAN SELF-DEFENSE VOL. 2 Advanced techniques from the long form. Deflects, sticky hands, locks and throws are taught. 1 hr.
- EACH TAPE: \$39.95 - ORDER ALL 4 TAPES FOR ONLY \$139.95!

TIGER CLAW KUNG FU

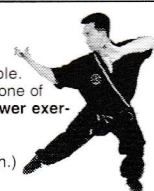
MASTER TAK WAH ENG "☆☆☆" I.K.F.

Learn the mysterious and ferocious Tiger Claw Style from the Shaolin Temple. Master Tak Wah Eng has studied and taught Tiger Claw for over 20 years. He is one of the top students of Grandmaster Wai Hong. These tapes teach the incredible power exercises, devastating self-defense and the ultimate iron palm training.

All tapes include traditional fighting techniques.



- A- BASIC TIGER CLAW WORKOUT & SELF-DEFENSE (40min.) The beginnings and basic training of Tiger Claw, includes a 30 pg. Booklet.
- B- TIGER CLAW BUDDHA FORM, TIGER CLAW WEAPONS (55 min)
- C- TIGER CLAW CHI KUNG EXERCISE & THE TIGER / CRANE - 1 & 2 MAN FORMS (50 min.)
- D- COMPLETE TIGER CLAW IRON PALM TRAINING "The truth about Iron Palm" I.K.F. (75m.)
- E- MOVES OF THE TIGER - The Essential moves & training of Tiger Claw! (1 1/2hrs.)
- Tapes A, B, C, \$29.95 each, Tapes D & E - \$39.95
- SPECIAL! Order all 5 & get the 240 pg. Tiger Claw Book Free!



YANG STYLE TAI CHI CHUAN

GRANDMASTER DOC-FAI WONG

Master Doc-Fai Wong is one of the top kung fu instructors in the U.S. The series teaches the fundamentals of Yang Style Tai Chi Chuan. A widely published author, Master Wong is also the coach for the U.S. Push Hands team. Each tape is \$29.95

- #1 - 24-Movement Tai Chi Chuan Form. - Teaches the most basic form
- #2 - Tai Chi Push Hands & 40-Movement Form - The basics of self-defense
- #3 - Yang Style Tai Chi Chuan Sword Form - Learn this famous weapon form.



SHAOLIN FIVE ANIMALS FORM - Master Doc-Fai Wong teaches this rare Shaolin monk form. It trains breathing, stances and power. This is truly an advanced form for serious students! \$29.95

SEVEN STAR PRAYING MANTIS SIFU JON FUNK

Seven Star Praying Mantis is a practical self-defense style utilizing kicking strategies, trapping techniques, pressure points, joint locks and throws. Sifu Jon Funk is a disciple of Master Ai Cheng and an authority on Chinese fighting systems. Tapes 1 thru 4 are basic to intermediate tapes and include one traditional hand form, one traditional weapon form or Seven Starbasics and a precise explanation of the techniques. Tapes 5 thru 7 are advanced instruction of forms and technique.

- 1 - BUNG BO & NG LONG GWUN (Staff)
- 2 - BAAG YUNE TSUUD DUNG & YEEN TSING DOE (Sabre)
- 3 - FAY NGAAN DZERNG & YEE LO MUI FAA TSENG (Spear)
- 4 - BUCK YUNE TOW TOE & SEVEN STAR BASICS
- 5 - ADVANCED PRAYING MANTIS TECHNIQUES - This invaluable video includes hand trapping, pressure point tactics, joint locks & mantis fighting theory.
- 6 - ADVANCED FORM: MAY FOW KUEN
- 7 - ADVANCED FORM: SAM LO CHET YUEN
- TAPES 1 - 4 \$29.95 EACH TAPES 5 - 7 \$39.95 EACH



WING CHUN KUNG FU- SIFU CHUNG K. CHOW

Sifu Chow has been teaching Wing Chun for over 20 years in the U.S.. He reveals unique aspects of Wing Chun that are not usually taught on video. These are some of the most complete Wing Chun videos available.

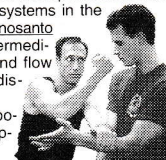
- 1 - WING CHUN COMBAT APPLICATIONS explains the traditional fighting concepts of Wing Chun & shows the transformation of sticky hand techniques into free-sparring & street self-defense. Included are examples of unique sticky-leg movements. 45 min. - \$29.95
- 2 - COMPLETE WING CHUN STICKY HANDS is one of the most incisive sticky hand videos available. Sifu Chow shows how to raise the sensitivity of your fighting hands. Includes: Center Line Concepts, Yin-Yang Theory, The 4 Gates. 1hr, 10 min. - \$39.95
- 3 - WING CHUN FREE SPARRING. This video demonstrates how to expand your sticky hand technique to distance fighting. Includes Easy-to-follow drills, Wing Chun footwork, Powerful Wing Chun Low Kicks and effective entering techniques. - \$39.95



JEET KUNE DO CONCEPTS - RICK TUCCI

The theories of Bruce Lee's Jeet Kune Do and the fighting techniques of his Jun Fan Kung Fu system have never been more in the spotlight and now is the time to learn the concepts behind Bruce Lee's art. Jeet Kune Do has become one of the most renowned fighting systems in the world. Rick Tucci is a certified instructor of Jeet Kune Do under Guro Dan Inosanto

- #1 INTRODUCTION TO JUN FAN - This tape presents beginner to intermediate training and skill development: Footwork and kickboxing drills, hand flow and reaction drills, trapping and locking, Focus Glove training and distance and timing training. 1 Hour - \$29.95
- #2 JUN FAN TRAPPING - Teaches entering & trapping against an opponent. Sifu Tucci covers the ranges of attack & defense, counters to trapping & the use of elbows & knees. \$39.95



KUNG FU MASTERS

Rated "☆☆☆", Inside Kung-Fu

Tape #1 - 1988 Exhibition

Demos by the Masters and their schools. Includes: Hung-Gar, Dragon Style, Shing-Yi, Preying Mantis, Yang Tai Chi, Ving Tsun, Northern Shaolin, Chi Kung and more. 2 hours

Tape #2 - 1991 Exhibition

Includes: Lama Style, Southern Preying Mantis, Wudong Style, Wu Mei, Chi Kung Breaking & more! 1 hr

Each tape \$29.95



THE ART OF FILIPINO WEAPONRY

PANANANDATA

MAT P. MARINAS

Learn the long distance fighting of the northern Philippines and it's transition into close quarter fighting.

TAPE #1 - The style is shown in classical form using one stick and the combination of stick & knife. Set furious unarmoured free fighting with unpadded 31" sticks. Intros the Philippine horse whip, butterfly knife, 44" stick, ring and walking stick. Shows for the first time footwork training used for quick evasive maneuvering. \$39.95

TAPE #2 - The use of two sticks and the variations in free fighting are shown along with other aspects of this explosive style. \$39.95

TAPE #3 - BALISONG - THE ART OF OPENING & CLOSING teaches the basics of manipulating the Balisong from closed to open positions & back. \$39.95



HUNG GAR KUNG FU

SIFU FRANK YEE

Tape #1 - POWER TRAINING & STANCES - Sifu Frank Yee teaches the powerful stances and movements of Hung Gar and the self-defense applications. The preparation of Sifu Yee's famous Dit Da Jow medicine is included. 50 min - \$29.95

Tape #2 - HUNG GA FORM & FIGHTING APPLICATIONS - The famous form, Gung Ji Fuk Fu Kuen is taught & explained with Hung Ga fighting theory. 45min. - \$29.95



WU MEI KUNG FU

SIFU KEN LO

Wu Mei features a combination of soft & hard techniques for health and defense. Sifu Lo is a seventh generation master. The video includes the history and theory of Wu Mei and teaches the important foundation techniques including Chi Kung, Nei Kung and "Horse" Training. 2 hrs - \$29.95



TOMIKI AIKIDO

PROF NOBUYOSHI HIGASHI

Master of Tomiki Aikido & Soke of Kokushi-Ryu Jiu-Jitsu, Prof. Higashi teaches the principles of traditional Aikido. Includes traditional defenses against the knife. Tapes \$29.95 ea.

- 1- KIHON-NO-KATA, THE 17 BASIC TECHNIQUES - Hiji-waza (elbow), Tekubi-waza (wrist), Uki-waza (floating)
- 2 - URA-WAZA-NO-KATA & SHICHIKON-NO-KUZUSHI - COUNTERATTACKS & OFF-BALANCE TECHNIQUES.



GOJU-RYU KARATE-DO BY PAUL OKAMI

Both tapes include manuals. \$39.95 EACH. BOTH FOR \$69.95

JAPANESE GOJU-RYU - Basics, Kata, Kumite & more

OKINAWAN GOJU-RYU - Sesan, Kurunfa & Suparinpei

KICK YOUR WAY TO THE TOP! - CHRISTINE BANNON-RODRIGUES

Ms. Bannon is the top point karate fighter in the U.S. If you want pin-point winning kicks, this is the video. 1 hour - \$29.95

SHORIN-RYU KARATE - SENSEI GEORGE ALEXANDER

A - Naihanchi Shodan / Chinto, Naihanchi Nidan / Passai Dai

B - Naihanchi Sandan / Passai Sho

C - Gokushicho EACH TAPE, \$29.95

ISSHIN-RYU KARATE - THE MODIFIED APPROACH

SENSEI JOHN DEBLASIO Basics, Kata, unique explosive techniques, self-defense, take downs and more. \$29.95

CHINESE GOJU - KYOSHI RON VAN CLIEF

The basic techniques for quick self-defense. 1 hr. Video - \$29.95

Both tapes include manuals. \$39.95 EACH. BOTH FOR \$69.95

JAPANESE GOJU-RYU - Basics, Kata, Kumite & more

OKINAWAN GOJU-RYU - Sesan, Kurunfa & Suparinpei

KICK YOUR WAY TO THE TOP! - CHRISTINE BANNON-RODRIGUES

Ms. Bannon is the top point karate fighter in the U.S. If you want pin-point winning kicks, this is the video. 1 hour - \$29.95

SHORIN-RYU KARATE - SENSEI GEORGE ALEXANDER

A - Naihanchi Shodan / Chinto, Naihanchi Nidan / Passai Dai

B - Naihanchi Sandan / Passai Sho

C - Gokushicho EACH TAPE, \$29.95

ISSHIN-RYU KARATE - THE MODIFIED APPROACH

SENSEI JOHN DEBLASIO Basics, Kata, unique explosive techniques, self-defense, take downs and more. \$29.95

CHINESE GOJU - KYOSHI RON VAN CLIEF

The basic techniques for quick self-defense. 1 hr. Video - \$29.95

ORDERING INFORMATION • All tapes are on VHS format • We accept MASTERCARD, VISA, AMERICAN EXPRESS, Checks & Money Orders. • Make checks payable to ESPY-TV, check orders are processed 14 days after receipt of check. • All tape and book sales are final. Exchanges are made on defective merchandise only. CFW

Name _____ Phone _____

Address _____

City _____ State _____ Zip _____

MAIL ORDER INFORMATION: • Print your name, address & phone number • List the names of the videos you are ordering on a separate sheet of paper. • Shipping costs in the continental U.S.A: for one tape add \$5.00 (\$6.00 for Puerto Rico, Canada & Mexico) plus add \$1.00 for each additional tape. • \$10.00 for Alaska & Hawaii, plus \$2.00 for each additional tape. • New York Residents must add sales tax. • INTERNATIONAL ORDERS: Indicate which TV system you require. YOU MUST ADD \$5.00 for each tape ordered in PAL or SECAM. Orders must be paid with a money order in U.S. dollars. International shipping: \$12 for one tape; more than 1 tape, include \$12 plus 10% of the total purchase price for air mail. PACIFIC RIM: please add \$15 plus 15% of total price. • Questions? call (212) 673-0899

ESPY - TV, 611 BROADWAY NEW YORK, N.Y. 10012

CHARGE IT:



1-800-735-6521

Young Stages Another Top British Tourney

By Jeremy Arrow

NEWCASTLE, England—The 1994 United Kingdom Chinese Internal Arts Competition (UKCIAC) was successfully held here recently at the Centre for Physical Education and Sport at the University of Newcastle upon Tyne. Three floors and four competition rings were simultaneously utilized on the day to accommodate over 200 event entries covering the largest diversity of Chinese internal arts categories ever available in one single European tournament.

The competition was presided over by a board of independent judges and officials which included many highly qualified and experienced internal art teachers, such as Gary Wragg, Ben Clarke, Bertrand Hamel, Chris Thomas, Bob Lowey, Raymond Rand, Imelda McGuire, Donald Kerr, Lesley Napier, Stuart Mills, Douglas Robertson, and Jonathan Newman, while sifu Peter Young, director of the UKCIAC, coordinated the effort of his team of four floor managers and a staff of 40.

The first UKCIAC, which took place last year, was an all-round phenomenal success and initiated in the process a much better awareness among all who attended on how best Chinese internal arts can be promoted in Britain. At the 1994 UKCIAC, the general consensus from both judges and spectators was how impressed

The Official 1994 UKCIAC Results

SUMMARY

Top Five Schools

Name	Gold	Silver	Bronze	Hometown
Peter Young	42	39	19	Newcastle
Gary Wragg	7	3	2	London
John Higginson	6	5	4	Manchester
Ben Clarke	5	5	—	London
Bertrand Hamel	3	2	—	France

Top Five Competitors (Advanced)

Name	Gold	Silver	Bronze	Teacher
Robert McAlpine	5	4	4	Peter Young
Gavin Thomas	4	5	2	Peter Young
David Serpollier	3	2	—	Bertrand Hamel
Keith Graham	3	2	—	J. Kells/P. Young
Shiou H Chuang	3	—	—	Gary Wragg

Top Five Competitors of Honor (Intermediate)

Name	Gold	Silver	Bronze	Teacher
Stephen Barbary	5	2	1	Peter Young
Wayne Howe	4	—	1	Peter Young
Victoria Holden	3	2	—	John Higginson
Tamara Wojtowicz	3	—	1	Peter Young
Gloria Thompson	2	3	—	Peter Young

Top Five Competitors of Honor (Beginner)

Name	Gold	Silver	Bronze	Teacher
William Ip	2	2	—	Peter Young
Frederic Sipiere	2	—	—	Gary Wragg
Tony Chan	2	—	—	Peter Young
Diana Newbold	1	1	—	Peter Young
Joanna Urwin	1	1	—	Peter Young

they were with the tremendous improvement in the technical standard of competitors in every category. The competitions were so intense that the winning scores, in some cases, had been determined by as narrow as one-tenth of a point.

The 1994 UKCIAC has been another milestone of success in the promotion of Chinese internal arts in both Britain and Europe. The 1995 UKCIAC is scheduled for March 18, 1995, while the next major internal art event hosted by sifu Young will be the Chinese Internal Arts Festival (CIAF) Oct. 8. The CIAF, an annual celebration of traditional Chinese internal arts, was initiated by sifu Young in 1992 to raise public awareness about the nature and diversity of all spectrums of the art and the benefits that can be accrued from their practice. Past performers at the festival include masters and leading teachers from China, Taiwan, Hong Kong, Singapore, U.S., and Britain.

For further information on any Chinese internal arts event scheduled to be held in Britain, write sifu Peter Young, P.O. Box IXE, Newcastle upon Tyne, NE99 IXE, England.

Stars Shine at 1994 New England Open

BOSTON, Mass.—The 18th Annual New England Open National Karate Championships were held here recently at the luxurious Walter Brown Arena.

North America's most talented competitors descended on Boston in hopes of gaining, bettering or retaining their national and regional ratings status. The talent-laden field was deep, eager and ready.

The adult black belt weapons divisions were highly competitive. When the smoke cleared, wushu stylist Willie "Bam" Johnson won the men's soft style weapons division. A seasoned Michael Bernardo battled his way to the top of the pack in the men's hard style weapons division. The women's weapons division was aced by graceful Anne Hsu, while local favorite Rocky DiRico outpaced the talent in the senior weapons division.

The black belt form divisions saw New Jersey's Kevin Thompson top a talented men's Japanese/Okinawan field. Rapidly emerging talent Jamie Webster topped the hard American form division and Philadelphia's Daniel Pope kicked his way to victory in the men's Korean form division.

Powerful Terry Creamer enhanced his national rating by winning the men's senior traditional form division while Rocky DiRico went two for two by capturing the men's senior open forms title. Willie Johnson overcame all challengers in the men's Chinese division while exciting Daniel Spaulding bested the rest in the musical forms divisions as he waltzed through a talented field.

Newcomer Amy Raftery topped the field in the women's hard style



Wushu stylist Anne Hsu won the women's black belt form grandchampionship.

form division while wushu stylist Anne Hsu landed her second division title of the day as she finessed her way to the top of the women's soft form field. A precise Kelly Hausner won the women's open forms division while Susan Warner outpaced the rest to lay claim to the women's black belt senior form title.

Shelly Taylor kicked her way to the top of a talent-laden women's superlightweight division while Elizabeth Rosa battled her way to the top of the women's lightweight division. Kierston Sims emerged victorious in the women's middleweight division while top-ranked Dawn Roffey toppled the women's heavyweight field. Atlanta's Lynn Gregory overcame all contenders in the women's senior black belt fight-

ing division.

The men's black belt fighting divisions commenced soon thereafter. Florida's Manny Reyes, Jr., bested the men's superlightweights. An awesome Donald Brady outfinessed the men's lightweights while brother Ronald Brady inched his way to a division title in the light middleweights. Boston's Alberto Montrond was not to be denied and promptly blazed through the talented men's light heavyweights, while Anthony Price blasted his way through the "heavy hitters".

NEW ENGLAND OPEN *Continued on page 82*

2nd World Grand Wushu Festival Promotes International Unity

SHANGHAI, China—The Oberon Corporation and "Dato" Stephen Chew recently sponsored the 2nd World Grand Wushu Festival here.

The event, hosted by the Shanghai Wushu Association, was attended by over 40 international teams and organizations, including: Australian Yongnian Yang Style Taijiquan Association (managed by Fu Sheng Yuan and coached by Fu Qing Quan); Shaolin International Wushu Institute (Australia); North American Wushu Delegation, headed by Shouyu Liang and Yang Jwing-Ming (recognized as the team which made the best overall contribution); Canada Columbia University Martial Art Delegation; Canada Wushu Free Sparring Federation; Canada SYL Institute (managed by Kelly Maclean); Canada Vancouver Taiji Institute (managed by Sam Masich); Chinese Taipei Ruiquan Wushu Delegation; Taiwan Chinese Martial Art Education Society; All Japan Broadsword Federation; Biwa Lake Taijiquan Friendship Association; China Fitness Taijiquan Popularity Association; Kobe Taijiquan Friendship Association; Kumamoto RKK Institute; Japan Mulanhuaiaquan Association; Osaka Taijiquan Wushu Delegation; Tokyo Jiumin Sword Delegation; Uji Taijiquan Association; Russian Federation (Lesgaft Physical Education Institute); Russian Federation (St. Petersburg, "Eleonora" Martial Arts Team); Russian St. Petersburg "TEKC" Martial Arts Team; Russian St. Petersburg Youth Martial Arts Team; Tunisia Martial Arts Delegation; U.S. Richmond Team (led by He Wei Qi); U.S. Seattle Chinese Friendship Taiji Society; U.S. Yang's Martial Art Association (managed by Tai Ngo and coached by Ramel Rones); U.S. Yang's Martial Arts Association (Taiji Center); U.S. Alaska Wushu Free Sparring Judo Institute (managed and coached by Joseph Faulise); U.S. Chinese Martial Art Delegation (coached by Joe Dunphy); U.S. Chinese Martial Art Institute



(Left): Huang Chen Liang and Joe Dunphy wow the crowd with a two-person set. (Right): Top taiji master's show stopper featuring 94-year-old Ma Yueh Liang (Wu jianquan style) and 88-year-old Fu Zhong Wen (Yang style).



(coached by Zong Yong Ji); U.S. Friendship Tour '94 (managed by Wen-Mei Yu); U.S. Chinese Houston Martial Art and Medicine Institute (managed by Jeff Bolt); Zhengzhou Shaolin Pupil International Wushu Institute; Shanghai Wushu Delegation; U.S. Chinese Martial Art Institute (managed by Fu Shengyuan); Gabon Wushu Association; the Mexico Wushu Delegation; and various other organizations from both inside China and around the world.

Stellar performances in masters and group demonstrations included: wushu great Wang Jurong, Chen Si Tan and Gao Jia Min (China's men's and women's National Taiji Champions); Huang Chenliang and Joe Dunphy; Wen-Mei Yu; Fu Qin Quan (grandson of Fu Zhong Wen); students of Yang Jwing-Ming and Shouyu Liang; U.S. Richmond team; Sam Masich and Chantel Rafard in taiji two-person hand and weapons forms; and a variety of superior examples reflecting the beauty

and prowess of martial arts from the world over.

Canadian Sam Masich also played and sang the best rendition of "Johnny B. Goode" heard this side of the Pacific. Musical talents were also expertly demonstrated by Rene Hugo Sanchen and Kelly Maclean, who were joined by other Canadian delegates. Finally, the greatest group demonstration was performed by a who's who in martial arts which included: Ma Yueh Liang (Wu style taiji), Fu Zhong Wen (Yang style taiji), Hou Yen Lu, Tong Jinlong (ruiquan), Yu Hua Long (10 animals xingyi), and others in an unforgettable tour de force performance.

Other VIPs at the event included Zhang Yaoting (chairman, C.W.A.), Yuan Hongxien (C.W.A.), Jin Yonchang (president, Shanghai Wushu Association), Xu Cai (president, Asian Wushu Federation), Yie Xuefeng, and Sun Jianquan.

The 3rd World Grand Wushu Festival is slated for May, 1996, and the expectations for another all-encompassing, world-class event are running high.

Fu Zhong Wen Celebrates 50th

SHANGHAI, China—Fifty years ago in 1944, Fu Zhong Wen, Yang Cheng Fu's nephew, founded the Yongnian Taijiquan Association here. Named after the native county of Yang Luchan, creator of Yang style and the homeplace of the Yang family, Fu Zhong Wen's Association has fostered three main points: to carry on the teachings of Yang Cheng Fu, to preserve the traditional methods of the Yang family system, and to promote the many health benefits of taiji practice.

To celebrate, Fu Zhong Wen returned to what he does best and taught a three-day high level seminar here at the Tongji University. Students reviewed long form practice, and heard lectures on proper practice in weapons and push hands, as well as form. Fu Zhong Wen, a fourth-generation Yang family practitioner, was also joined by his son Fu Sheng Yuan and grandson Fu Qing Quan. Competent participants were awarded a special certificate further commemorating the anniversary. Later, many more students of the Yang school and spectators joined a celebration where Fu Zhong Wen reminded the audience to never forget "where they first drank the water."

Many demonstrations followed and Fu Zhong Wen's demonstration with his son, Fu Sheng Yuan and grandson Fu Qing Quan, were what the audience came to see. They performed with great skill and style.



Fu Zhong Wen (left) with son Fu Sheng Yuan.

Training for Life

Continued from page 22

Buddha palm students combine both external and internal strengths by varying the speed and tempo of the form's techniques.

Buddha palm's defensive techniques include:

Kwen kiu—An inward, lower block that can also be used to break from a grab.

Yueng kiu—An outward, vertical block that easily changes to a straight finger jab to the eyes or throat.

Lok kiu—A two-handed grab and pulling technique that redirects the opponent's momentum and takes him off balance.

Jit kiu—A lower block that stops a low kick or strikes an opponent's shin or ankle.

Offensive techniques include:

Fut sum jeung—A vertical strike to the opponent's solar plexus, using the outer edge (blade) of the hand.

Tsang jeung—A horizontal palm thrust to the ribs.

Gong jeung—An uppercut strike, using the palm heel against the opponent's jaw.

Jin ji—A straight spearhand jab with the fingers to the opponent's throat.

Yum tsop jeung—A corkscrewing finger jab into the opponent's groin.

For any external martial art to reach its full potential, it must include some internal training, such as choy li fut's Buddha palm. **IKF**

New England Open

Continued from page 80

The adult black belt weapons grandchampionship saw Bernardo (49.95) handily outdistance a talented field of Willie "Bam" Johnson (49.90), Rocky DiRico (49.88) and Anne Hsu (49.87).

Roffey dominated the women's fighting grandchampionship against Taylor. At the final bell, she was ahead 6-1.

The men's black belt lightweight fighting grandchampionship was garnered by Donald Brady because Manny Reyes, Jr., had a separated shoulder. Brother Ronald Brady was not to be denied the middleweight grand, outpointing Alberto Montrond 4-0. In the heavyweight grand, Brent Beatty dug in deep and surprised Anthony Price 5-4.

The men's senior fighting grandchampionship was now to be decided between Missouri's Terry Creamer and Florida's Mike Green. At the bell, Creamer won the senior fighting grand with a 7-1 win over Mike Green.

In the women's black belt form grandchampionship Anne Hsu scored 49.00 for the title.

The men's black belt forms grand-championship kept the crowd on the edge of its seats. After Jamie Webster, Willie "Bam" Johnson and Kevin Thompson tied the first time around with scores of 49.92, Webster eclipsed the field with a score of 49.93. **IKF**

INSIDERS

American Karate Studios Hosts State of the Arts Camp 6

NEWARK, Del.—The 6th annual State of the Arts Martial Arts Training Camp was recently held here, featuring masters Wally Jay, Remy Presas and George Dillman. Over 175 people participated in the two-day event, which was hosted by American Karate Studios' Executive Directors Jim and Judy Clapp.

The highlight of this camp were masters' seminars for children. Dillman showed the children effective self-defense moves utilizing his pres-

sure point theory in a manner applicable to threatening situations. Jay impressed his young listeners with fluid jujitsu movements and techniques to escape from specific holds, while Presas taught the children basic modern arnis applications.

For information on the 1995 camp, write the American Karate Studios, P.O. Box 9102, Newark, DE 19714-9102; (302) 737-9500 or (302) 239-0178 FAX.

Attendance Climbs 50 Percent at Women's "Arts" Festival

SQUAMISH, B.C.—"Word of mouth," is the reason given by Women's Festival of Martial Arts director/founder Roxanne Chappell.

"We had such a great time last year with highly skilled women instructors teaching us tai chi, karate, wing chun and capoeira that everyone returned home and raved about it, I guess..."

This year's retreat was held about 90 minutes north of Vancouver on the way to Whistler Mountain. The setting of mountains, rivers and the occasional eagle helped to connect everyone to nature, the different arts and each other, Chappell says.

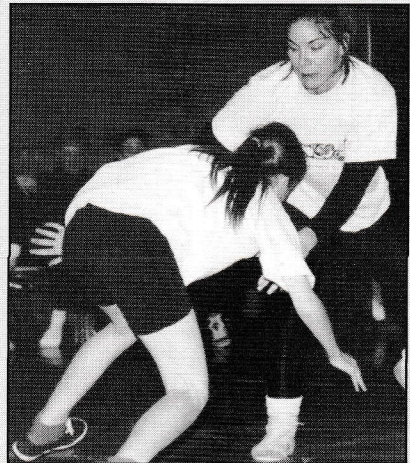
"Everyone worked very hard at the camp but there was lots of time to relax as well."

The 1994 schedule saw new classes added such as Olympic-style wrestling, judo and tae kwon do.

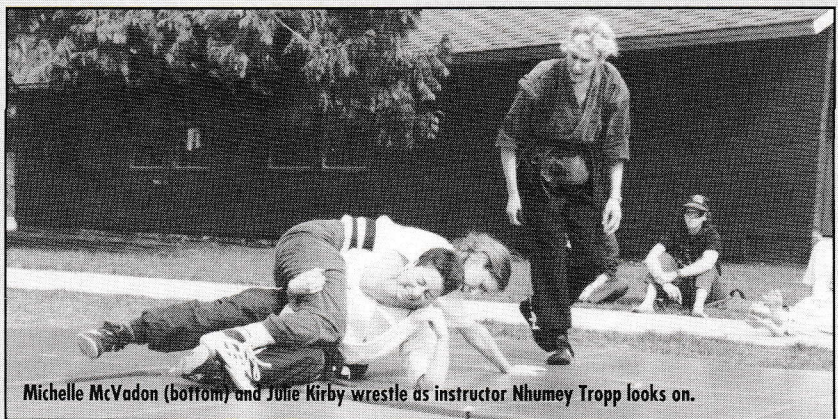
"Every year will be different, but the favorite sports will stay and we offer something for everyone. For example, the two youngest participants, 11 and 13, enjoyed the judo, wing chun and capoeira. For the advanced martial artists there were tai chi weapon sets with Wen-Mei Yu, tae kwon do speed kicks with Sandie Gilkes, and capoeira gymnastics with Karlon Kepcke."

The annual retreat is a non-profit event with some of the proceeds going to a local women's shelter and offers women and girls from all styles of martial arts an opportunity to share skills and knowledge in a supportive, non-competitive atmosphere.

Next year's event returns to Camp Squamish April 28-30. For more information, contact Roxanne Chappell, WFMA 303-661 Thompson Ave., Coquitlam, B.C., CANADA V3J 3Z9; (604) 936-4632 (phone or FAX).



Patty Boomhower and daughter Jasmine demonstrating wrestling.



Michelle McVadon (bottom) and Julie Kirby wrestle as instructor Nhumey Tropp looks on.

Zen-Do Kai Donates \$20,500 to Charity

HOUSTON, Texas—Michael Campos, chief instructor of the Zen-Do Kai Martial Arts Association, headquartered in Johnstown, N.Y., traveled here recently to present this year's donation to Chuck Norris' "Kick Drugs Out of America" Foundation.

The Zen-Do Kai organization raised \$20,500 for the anti-drug group through various fund-raising activities in its affiliated clubs. This marks the second year that the ZDK has raised funds for "Kick Drugs." Last year it donated \$11,200 to "Kick Drugs".

Campos noted that the ZDK has been actively raising money for various charitable causes for over 15 years.

The clubs involved include: Malone, NY-ZDK; Cobleskill, NY-ZDK; Massena, NY-ZDK; Bailey's Karate, Herkimer, NY; Brooks Karate, W. Winfield, NY; Canton, NY-ZDK; Red Dragon Karate, Ballston Spa & Utica, NY; Cantin Karate, Chicopee, MA; Houston, TX-ZDK; Wu Shu Dao Martial Arts, Hamilton, NY; Casa-De Karate in Corning, NY; Herman-Dekalb, NY-ZDK; Pauling, NY-ZDK; Okinawan Karate; Schenectady, NY; and the Johnstown, NY-ZDK.

Organization Welcoming Pai Lum, "Eyebrow" Stylists

By Kenneth A. Nanni

LONDON, Ontario—The Canadian Athletic Association of Chinese Martial Arts, under the directorship of seventh-degree black belt (Pai Lum) and seventh-generation Pak Mei—white eyebrow system—kung-fu expert, Mike Doucet are accepting all Pai Lum and pak mei practitioners interested in acquiring new knowledge.

Doucet, a grandson of the late grandmaster Daniel K. Pai, will be remembered for his iron-palm and iron-body, "inward" kung-fu training, or, as the grandmaster described at last year's clinic, the man who "...always carried around the iron pot..."

Doucet also is a long-time student and the senior disciple of Lee Cheung Pai.

Last spring, Lee Cheung Pai once again traveled here to be with Doucet for a weekend clinic. He taught 125 of the movements of the original hung gar tiger and crane form, applications and conditioning techniques. Energy of the group was high throughout the intensive weekend because of Pai's accessibility and willingness to provide one-on-one instruction.

The event climaxed with Pai's masterful demonstration of "walking the circle".

Pai is best known within Pai Lum as the originator of the "inward" kung-fu and the hung kuen curriculums, the first grandson of Dr. Daniel K. Pai, the first advanced practitioner to have received a Chinese name, and the person who learned and trained in Dr. Pai's closest Chinese boxing techniques.

In addition to his kung-fu knowledge within Pai Lum, Lee Pai is distinguished within Pak Mei circles as a member of the Pak Mei Boxing Association of Kowloon City and a sixth-generation Pak Mei expert—sifu Cheung Siu-Man, si-gung Ng Nam King, from Cheung Lai Cheun, from Chuk Fat, from Bak Mei.

Interested practitioners should send a brief biography of their qualifications to C.A.A.C.M.A., c/o Ken Nanni, 44 Robinson Lane, London, Ontario, Canada N5X 3V3.

WALL/TOO CHINATOWN WALL/JIND

Los Angeles, California

LABOR DAY CAMP

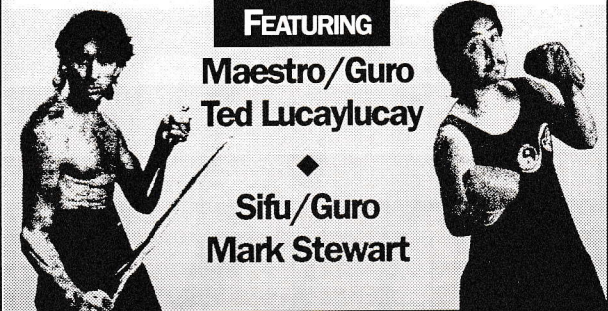
September 3rd, 4th & 5th, 1994

• Kali • Panantukan • Stickboxing •
• Jeet Kune Do • Gung Fu • Kickboxing •

FEATURING

Maestro/Guro
Ted Lucaylucay

Sifu/Guro
Mark Stewart



For more information and registration send SASE to:

Boxer Rebellion

936 Mei Ling Way, Los Angeles, CA 90012

(818) 596-2059

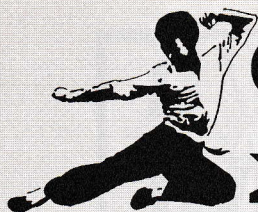
Unique Publications
presents

VIDEOS!

Unique Publications, the leader in martial arts training books, features a complete line of videos. JKD, Kung-Fu, Creative Kicking, Stretching, Karate, Self-Defense and more! See page 7 in this issue to see the complete line. Or call our toll-free number to receive a catalog:

1-800-332-3330

UP
VIDEO



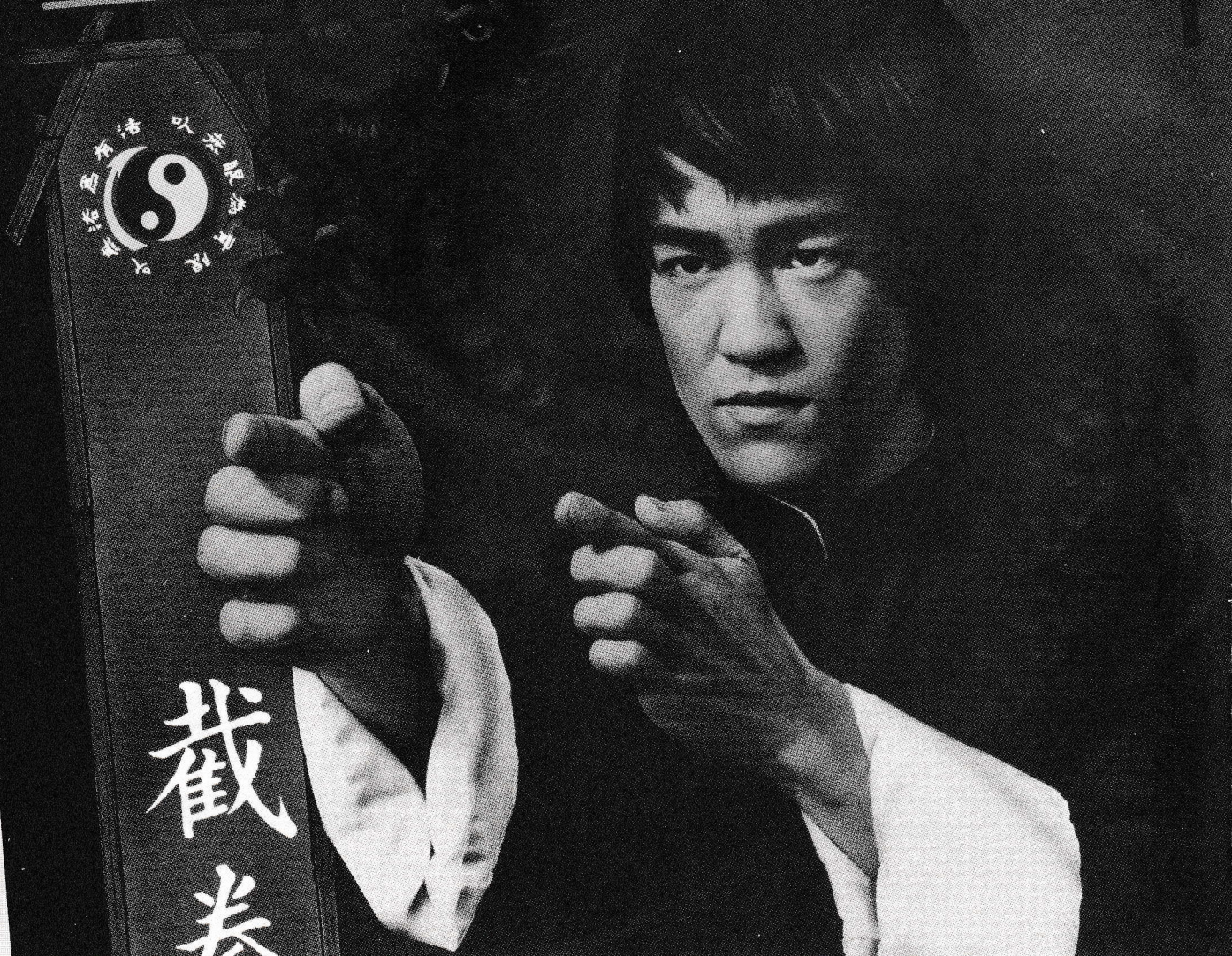
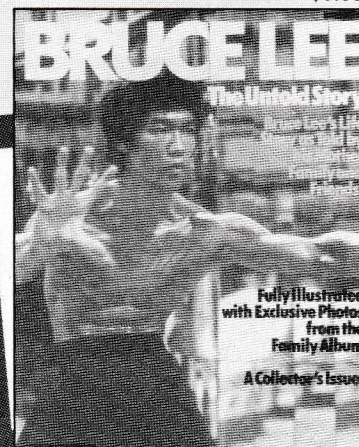
Only now can the
20 years after the untimely
of his greatest hit, ENTER THE
explosive biography!

Code No. 401 • \$6.50

Code No. 144 • \$12.95

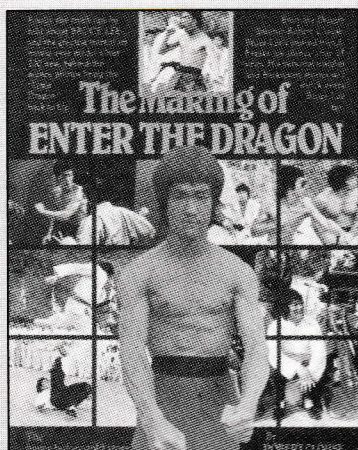
BRUCE

THE BIOGRAPHY

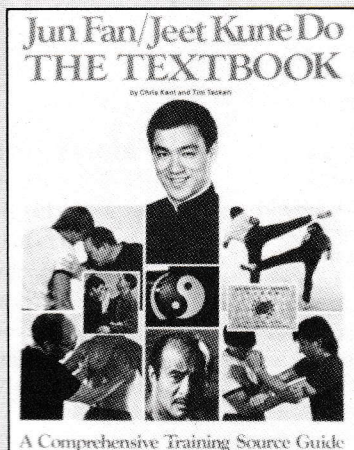


the full story be told!

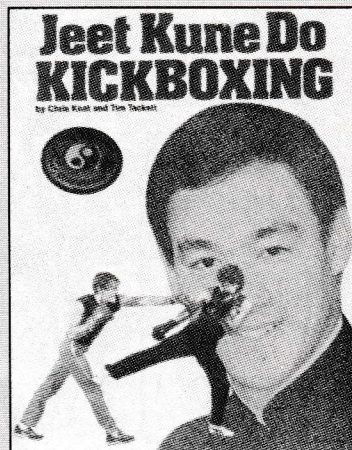
death of Bruce Lee, the director THE DRAGON, brings you this



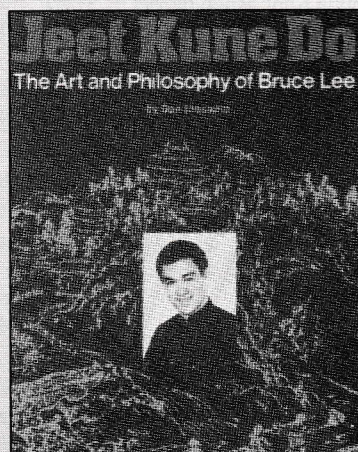
Code No. 145 • \$12.95



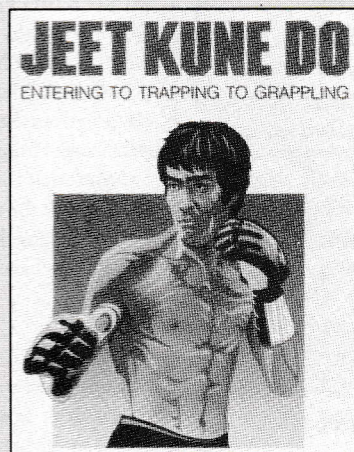
Code No. 528 • \$14.95



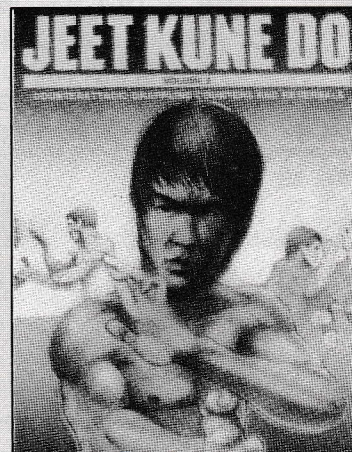
Code No. 526 • \$14.95



Code No. 506 • \$14.95



Code No. 403 • \$14.95



Code No. 404 • \$12.95

Unique Publications is proud to present the Bruce Lee Collection of Best Sellers

Qty	Code	Title	Price	Amt
	144	Bruce Lee: The Biography	12.95	
	145	Making of <i>Enter the Dragon</i>	12.95	
	401	Bruce Lee - The Untold Story	6.50	
	403	JKD - Enter, Trap, Grapple	14.95	
	404	JKD - Grappling Counters and Reversals	12.95	
	506	JKD - Art and Philosophy	14.95	
	528	JKD Textbook	14.95	
	526	Jeet Kune Do Kickboxing	14.95	

CA Res. add 81/2% Sales Tax

Shipping and Handling

Total

Send To: **Unique Publications**
4201 Vanowen Place, Burbank, CA 91505

☐ Payment Enclosed
☐ Visa

☐ Money Order
☐ Mastercard

Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____

Credit Card No. _____ Exp. Date _____

Signature _____

Shipping and Handling: 1 Book - \$2.00, 2-3 Books-\$3.00, 75¢ for each additional book.
Foreign Countries: Please submit international money order or bank draft payable in U.S. Funds. Add \$3.00 for first item plus 75¢ for each additional item for postage and handling. Prices subject to change without prior notice.

24 hour Order Line:

1-818-845-2656 • 1-800-332-3330

VIPPR PRODUCTIONS PRESENTS

"INTRODUCTION TO KNIFE-DEFENSE"

Guru Besar Arthur P. F. Rhemrev, renowned in the use of bladed weapons, is the founder of the hybrid style of **Pencak-Silat Sikap Baru**. This practical style is a comprehensive, complete system of combat from the island of Java, Indonesia. As in true **Pencak-Silat**, the techniques form the basis for open-hand combat, which makes it very applicable to today's "streetfighting" encounters.



Covers the fundamentals in a careful step-by-step manner. In addition, there will be upcoming videos on Basic, Intermediate and Advanced: "Knife-Defense and Knife-Fighting."

only \$49.95 each

Send Check or Money Order to: VIPPR Productions
P.O. Box 6857
Torrance, CA 90504

CA add 8.25% sales tax plus \$4.00 S&H outside U.S. \$12.00

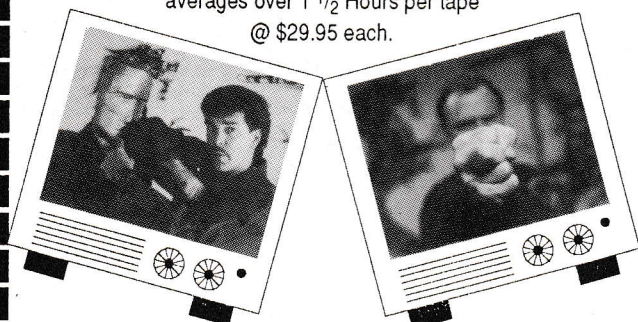
For Information Call:

**The South Bay Academy
of Indonesian Martial Arts.**
310-538-8327 or FAX 310-538-0121

FREE VIDEO

KARATE CONNECTION

Chuck Sullivan (8th Dan) and a practitioner of Kenpo for 34 years and Vic LeRoux (6th Dan) and a practitioner of Kenpo for 27 years, will take you through the basics of Kenpo, then on to their exciting techniques, Katas and unique training drills. This 6 tape series averages over 1 1/2 Hours per tape @ \$29.95 each.



It's impossible to tell you here what our videos are all about - so - we would like to show you **FREE**. We will send you a 30 Minute Video that previews what our series is, by showing you an excerpt from each video. If you'll pay the usual \$4.00 Shipping and Handling, we'll provide the video **FREE**.

That's how much we want you to see it!

Send \$4.00 To: **Karate Connection (Preview Video)**
\$10.00 International P.O. Box 4067-C, Seal Beach, CA. 90740

LETTERS Continued from page 16

- The sixth section, known as yat gee dao, utilizes a slashing back and forward movement while coming up from underneath with a uppercut slash and bar-arm, as in lan sau.
- The seventh section (man dao) combines bio tse movements similar to the third form.
- The eighth and final section, or cub dao, focuses on elbow hacking and gaun sau. Extreme uncomfortableness and difficulty will result with the sixth, seventh and eighth (formerly fifth, sixth, and seventh) sections of pak jam dao if attempted with knives of incorrect specifications.

Steve Lee Swift
Rochester, NY

Painter Cuts Ties

AN ARTICLE APPEARING IN THE "Insiders" column of *Inside Kung-Fu* (April, 1994) indicates that Dr. John P. Painter has joined and is committed to the International Contact Weapons Sports Federation, U.S. Contact Weapons Sports Federation.

Dr. Painter, who founded the Chinese Sports Fencing Association in 1973, after due consideration and extensive testing of the fencing "sword" by Contact Weapons Co., has chosen to withdraw his support from the ICWSF and the Contact Weapons Co.

Alan Marshall
Arlington, TX

Calling it Quits?

BEING A BIG FAN OF Hong Kong action movies in general, and Jackie Chan specifically, my favorite *Inside Kung-Fu* column is Ric Meyers' "Martial Arts In Movies".

Although I have to wait several months after their limited theatrical releases before they're available on video here, I enjoy Ric's sneak previews of the latest Hong Kong hits and knowing which titles to look for.

From what Ric said in the June issue, Jackie Chan's *Drunken Master II* will be worth the wait. I heard that Jackie may be retiring, though; can you confirm or deny this? If it's true, I'm at least glad he's going out in top form. Also, do you have a current address where admiring fans can reach Jackie?

Bruce Jensen
Marysville, CA

Although Jackie is suffering from various minor physical maladies, which have limited his on-screen stuntwork, there is no indication that he's ready to call it quits. You can write to Jackie at JC Group, 145 Waterloo, Kowloon, Hong Kong.

—Ed.

Impressed with Chong

I HAD THE OPPORTUNITY TO meet sifu Eddie Chong recently at his seminar here in Seattle.

Over the years it has been my pleasure to have met many other wing chun people, some students of Yip Man, some one generation removed, even one who studied directly under Bruce Lee here in the northwest. Among this backdrop I am pleased to say that I found Chong in good standing in skill and repute.

His approach to both Hong Kong and Fatshan wing chun was not only well-presented, but brought out some obvious connections between the two, clarifying many generally obscure points from Yip Man's own presentation. As to the point of preserving wing chun's Mainland roots, well that seems obvious. If we want the free branches of wing chun to flourish and remain strong and effective, we need to be attentive to all its' active roots. What Chong has done is preserve one such tap root. This allows this and future generations of wing chun practitioners an irreplaceable background for growth.

That Chong has found yet another tie to the spiritual traditions of old

LETTERS

China (while detracting from the fast-food kung-fu rampant today) perhaps points all of our wing chun family worldwide toward a respect of those of years, work and wisdom in humility. Chong and sifu Pan Nam seem deserving of such esteem.

C.W. Shaw
Tacoma, WA

Allen's Special Training

THE PURPOSE OF THIS LETTER is to inform you that after approximately seven years of diligent training under sifu (John) Allen's programs, I'm ready for the ultimate test in measuring the effectiveness of his strength and breathing programs.

Just about four years ago I became interested in trying to truly measure how a person can stand up to rigorous and demanding events such as triathlons, dualathons, and marathons, etc., without actually training for those types of events.

During this four-year period I participated in over 90 events and while only working on martial arts (i.e., stone warrior, forms, master Kao's eight animal exercises programs, etc.) my finishes were always respectable. I'm thoroughly convinced that these programs are very special and they definitely work. Another unique aspect of all this is that I had no injuries nor did I have to miss a day of training because of injury.

As a tribute to sifu Allen, my teacher, I'm presently training for the Vineman (Ironman) Triathlon in Santa Rosa, Calif., in late July. Because of the distances involved I've had to alter of my training to meet the challenge. The race will include swimming 2.4 miles, biking 112 miles and running 26.2 miles. I'm sometimes taken aback by the results I've achieved from these programs sifu Allen has so generously shared with the martial arts community. I don't have anyone pushing me other than myself so I can't imagine how much more successful I could have been if I had other artists working with me three or four days a week.

Sifu Allen is an incredible individual who has definitely done his homework. Mr. Cater, for the life of me, I just don't understand why we don't hear more from him in *IKF*. Also, what will it take to have sifu Allen as a contributing editor on a regular basis? The man has so much to offer it's a sin not to have him share his knowledge with us. He tells it just the way it is.

Dennis M. Steindam
Phoenix, AZ

We agree with you. We'd love to have John Allen and his whole organization in the magazine on a regular basis. Unfortunately, Allen has returned to school to complete a master's degree, he has moved his headquarters to a larger location and business has never been better. In short, he's been told that anytime he has time, the magazine's pages are his. Be patient. He'll be back soon.

—Ed.

Need Video

THE COVER STORY OF YOUR July, 1994 issue by Randy Kamiya about the Ultimate Fighting Championship has me and my friends looking to obtain a copy.

We have unsuccessfully looked in many martial arts magazines in hope of finding a company that would sell the videotapes of both Ultimate Fighting Championship I and II. As a result, I would much appreciate any information you might have concerning this matter.

Cairo Srey
Rockville, MD

The videotape of the Ultimate Fighting Championship II from Trimark International was due for release in Blockbuster and other outlets July 20.

—Ed.

IKF

Legendary

INCH POWER PUNCH

Develop Bruce Lee's Famous Inch Power Punch results in 8 weeks, Under 10 minutes per day!

For the first time, a scientific, no nonsense punching / focusing device, along with proven methods which work with you to develop the infamous Inch Power Punch. This innovative device developed by Tai Liu Research Facilities will give you the ULTIMATE EDGE, despite what's your style.



- Takes only 10 minutes a day, 3 times a week for optimum result
- Highly Effective method used by thousands of people worldwide
- 283 % more effective than any other punching / targeting device
- Fully adjustable to fit different height, install anywhere in seconds
- Comes with fully illustrated, step by step "How to" instructions
- Increase Hitting Speed, Power, Focus, Penetration, Accuracy
- Be able to deliver great power at short distance, even 1 inch away
- Packed with information, plus "Chi" and Flexibility developments
- Adjustable difficulty levels to measure your rate of progress
- Technical supporting staff to answer your questions and problems
- A must for all JKD, Wing Chun practitioners and anyone who want to develop INCH POWER PUNCH, the ULTIMATE EDGE in Martial Arts, no matter what's your style. JUST TRY US AND BE AMAZED

Limited Time Special Offer :

only **\$21.95** plus \$4 s/h

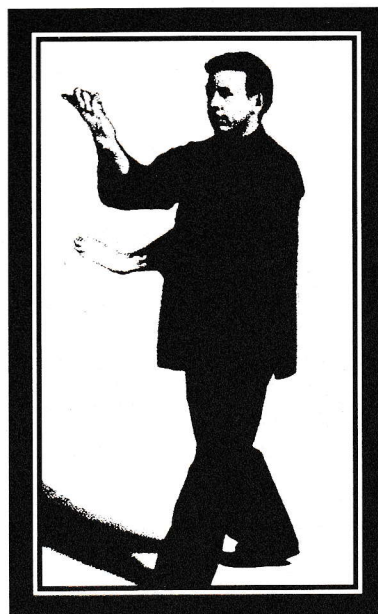
Enclose Check or Money Order in U.S. Fund payable to
Tai Liu, 39 Bowery St, #560 New York NY.10002

N.Y. residents add 8.5 % sales tax. Foreign orders add \$ 8 s/h

NOW YOU DON'T HAVE TO GO TO CHINA!

FOR THE FIRST TIME, ONE OF THE WORLD'S MOST RESPECTED INTERNAL STYLISTS IS OFFERING HIS SPECIAL COURSE IN THE UNITED STATES.

SIFU JAMES McNEIL is now accepting applications for dedicated students interested in the Chinese Internal Martial Arts. This program offers intensive study and training in Meditation, Healing Arts, Hsing-I, and Iron Hand. Participants will train 4 hours per day, 100 hours per month, in a 3-Month Program. This class will be limited to 10 students. Certification awarded upon completion.



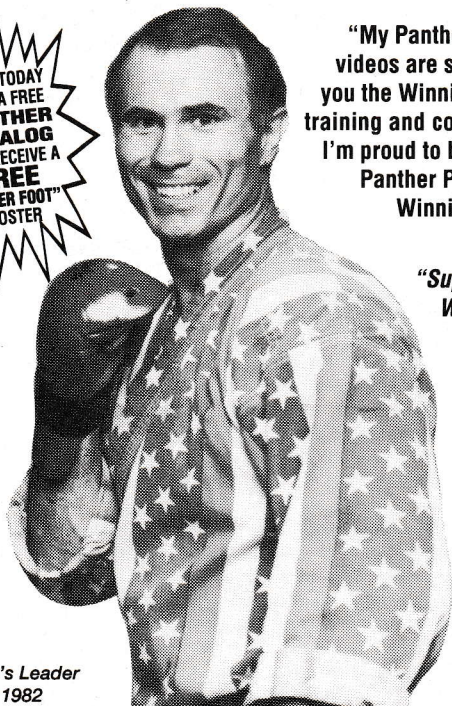
Serious inquiries only please contact SIFU JAMES McNEIL

NINE LITTLE HEAVEN KUNG-FU SCHOOL

P.O. BOX 3007 • ORANGE, CA 92665 • (714) 528-9494

PANTHER PRODUCTIONS MARTIAL ARTS TRAINING VIDEOS

CALL TODAY
FOR A FREE
PANTHER
CATALOG
AND RECEIVE A
FREE
"SUPER FOOT"
POSTER



"My Panther Training videos are sure to give you the Winning Edge in training and competition. I'm proud to be a part of Panther Productions Winning Team."

**Bill
"Super Foot"
Wallace**

Over
500
VIDEO
TITLES
Featuring
All Major
Martial
Arts

The World's Leader
Since 1982

LEARN AT
HOME FROM
THE WORLD'S
GREATEST
MASTERS

SATISFACTION
GUARANTEED

For A FREE Action Catalog - Call Toll-Free

1-800-332-4442 (24 Hours a Day)

Outside the U.S. Call 1-714-498-7765

1010 Calle Negocio, San Clemente, California 92672

AMERICAN NUNCHAKU TRAINING INSTITUTE

* CASTING CALL *

We need 50 Nunchaku Artist
Male/Female for
"Take Back The Night"
Video Production

Send Home Video of your
Best Technique along with
Resume & \$15.00 Review Fee

2 Beginners Tapes- Nunchaku &
Newtons Laws of Motion, \$49.00
Plus \$4.00 Shipping and Handling

Bank Check or Money Order Only to:
Personal Security Consultants
PO Box 274
Nesconset NY 11767- 0274
(516) 737-0132

MAIN EVENTS *Continued from page 33*

AUGUST 26TH-28TH

1994 KOKUSAI BUDOIN NORTH AMERICAN SEMINAR AND CONGRESS. In Carlsbad, Calif., and it is open to the general public. The evening of August 26 will be used for testing members who are eligible for promotion and the testing of non-members applying for black belt membership. The Kokusai Budo North American Congress will also take place that evening with a meeting of the U. S. and Canadian Board of Directors. Seminars featuring master level instructors from Japan and the United States will be conducted Aug. 27 and 28. The seminars will feature two special guests from Japan: Shizuya Sato Sensei, Kokusai Budo Chief Director, and Ikuo Higuchi Sensei. Contact H.E. Davey Sensei, c/o Kokusai Budo-Western USA, 6073 Arlington Blvd., Richmond, Calif., 94805; (510) 233-8975.

AUGUST 27TH-28TH

DAN INOSANTO SEMINAR. In Rockville, Md. Dan Inosanto will be giving a seminar on Jun Fan gung-fu/JKD concepts, maphilindo silat, kali/eskrima/Arnis and shoot wrestling. Contact Mike Krivka, Martial Arts Concepts, 444 N. Frederick Ave., Suite 137-L, Gaithersburg, MD 20877; (301) 963-6520.

KEVIN SEAMAN will be teaching Thai boxing and Filipino martial arts (kali) workshops at Super Summer Seminars in Cazenovia, N.Y. Several other instructors will be featured as well, offering workshops in numerous styles. Contact Mike Campos, Zen-Do-Kai, P.O. Box 186, Johnstown, NY 12095; (518) 762-4723.

THAI BOXING AND FILIPINO MARTIAL ARTS SEMINAR with Kevin Seaman. At Super Summer Seminars in Cazenovia, N.Y. Contact Mike Campos, Zen-Do-Kai, P.O. Box 186, Johnstown, NY 12095; (518) 762-4623.

AUGUST 28TH

TERRY GIBSON SEMINAR. In Springfield, Mo. Covered will be kali, silat, eskrima and JKD concepts. Contact Steve Black at (417) 883-6338.

GRANDMASTER MOY YAT SEMINAR. An introduction to wing tsun kung-fu. In Long Island, N.Y. Contact John Moy at (516) 733-4384.

SEPTEMBER 2ND-5TH

THE 17TH ANNUAL WOMEN'S TRAINING WEEKEND. Sponsored by Pacific Association of Women Martial Artists (PAWMA). In the Malibu mountains north of Los Angeles. Eighteen instructors of national and international stature will offer workshops in basics, forms, fighting, weapons, and self-defense. The Women's Training Weekend is the largest gathering of women martial artists in the western United States. Contact the PAWMA at (310) 398-5539.

SEPTEMBER 3RD-5TH

CHINATOWN KALI/JEET KUNE DO Labor Day Camp. In Los Angeles. Featuring maestro/guro Ted Lucaylucay and guro/sifu Mark Stewart. Covered will be kali, JKD and kickboxing. Contact Chinatown Boxer Rebellion-Jun Fan Memorial Gym, 936 Mei Ling Way, Los Angeles, CA 90012; (818) 596-2059.

SEPTEMBER 3RD-9TH

SUNG'S INTERNATIONAL ALL MARTIAL ARTS CAMP. In Burlington, Vt., with grandmasters and masters from all over the world. Contact Jiang Jing Wu Jia, 1233 Shelburne Rd., South Burlington, VT 05403; (802) 660-8400.

SEPTEMBER 7TH

WOMEN'S SELF-DEFENSE PROGRAM. At the Shaolin Kung-fu Institute, 106 Mercer St., Hightstown, N.J. Taught

by Donna McCoy. Develops awareness skills, teaches kicks, strikes, releases from grabs. Contact Donna McCoy at (609) 448-2424.

SEPTEMBER 9TH-11TH

RIDDLE OF STEEL #2. Join James Keating on the Snake River. This is an adventure you will remember. Knife training and spectacular scenery. Comtech is the quintessential knifefighting school of the '90s. Call (509) 525-3485.

SEPTEMBER 10TH

PARK, BOK NAM SEMINAR. In New York City. Paqua chang, chi kung and fighting. Contact Ken Delves, (718) 788-7190.

SEPTEMBER 10TH-11TH

DAN INOSANTO SEMINAR in Central, N.Y. Covering Jun Fan/jeet kune do concepts, kali, and shootwrestling. Contact Kevin or Charlene Seaman, East West Martial Arts Academy, 83 Pomeroy St, Cortland, NY 13045; (607) 756-4961.

LAMECO ESKRIMA SEMINAR with Edgar Sulire. In Norfolk, Va. Covered will be single, double stick fighting, sword, dagger vs. dagger fighting, and empty-hands defense. Contact Frank Cucci at (804) 497-2847.

SUNG'S 1994 INTERNATIONAL ALL MARTIAL ARTS OPEN & TOURNAMENT. At the Memorial Auditorium, Burlington, Vt. All martial arts styles compete in a two-day open tournament. Contact Jiang Jing Wu Jia, 1233 Shelburne Rd., South Burlington, VT 05403; (802) 660-8400.

BOBBY TABOADA BALINTAWAK ARNIS SEMINAR. In Greensboro, N.C. Contact David Russell at (910) 370-1254.

SEPTEMBER 10TH & 17TH

STUDENT WEEKEND SEMINAR. At the Shaolin Kung-fu Institute, 106 Mercer St., Hightstown, N.J. Sparring I, II, and III will be covered. Contact Rex or Donna McCoy at (609) 448-2424.

SEPTEMBER 15TH

FILIPINO MARTIAL ARTS SEMINAR. With guru Tom Bolden. Covering single and double stick with empty-hand translations. Contact Glenn Smits, 131 Cragmoor Rd., Pine Bush NY 12566; (914) 647-8455.

SEPTEMBER 16TH-17TH

LARRY HARTSELL JKD GRAPPLING SEMINAR IN HOUSTON. Take this chance to train with a martial arts legend. Grappling, Jun Fan gung-fu, and kali will be the focus of this seminar. Contact Tim Mousel, Mousel's Self-Defense Academy, 8162 Richmond, #209, Houston, TX 77063; (713) 953-1263.

SEPTEMBER 17TH

AMERICAN CHI KUNG INSTRUCTORS ASSOCIATION NATIONAL WORKSHOP. In San Antonio, Texas. Contact Dr. Durango Frizzell, N.D. at (210) 558-3112.

AMERICAN CHI KUNG INSTRUCTORS ASSOCIATION NATIONAL WORKSHOP. In Austin, Texas. Contact Harry Lundell at (512) 335-1860.

AMERICAN CHI KUNG INSTRUCTORS ASSOCIATION NATIONAL WORKSHOP. In Milwaukee, Wis. Contact Rhonda Clifton at (414) 545-9096.

THIRD CLASSIC ESKRIMA CHAMPIONSHIP FILIPINO MARTIAL ARTS TOURNAMENT. In San Diego, Calif. Weapons, single stick, double stick and sword and dagger fighting. Contact Ron Harris at (619) 571-5523.

SEPTEMBER 17TH-18TH

BURTON RICHARDSON AND JUNE CASTRO SEMINAR. In Erie, Pa. Contact John Kaliszewski at (814) 899-4245.

CASS MAGDA PENTJAK SILAT/KALI

MAIN EVENTS

SEMINAR. At the Start St. Gung Fu Academy, Portland, Ore. Covering the dynamic applications of Indonesian pentjak silat, Malaysian bersilat and Filipino kali knife disarming. Contact Rick Cropper, Start St. Gung Fu Academy, 7841 S.E. Start St., Portland, OR 97215; (503) 254-1478.

DAN INOSANTO SEMINAR. In Waterloo, Ind. Covered will be jeet kune do, Filipino kali and the flexible weapon area using the whip, pentjak silat, shoot wrestling, and krabi krabong. Contact the Wetoskey Academy of Martial Arts, 4127-U.S. 6, Waterloo, IN 46793; (219) 837-7454.

LAMECO ESKRIMA SEMINAR with Edgar Sulite. In Portland, Ore. Covered will be single, double stick fighting, sword, knife vs. knife fighting and empty-hands defense. Contact Leonard Trigg at (503) 590-1667.

RICH LAMOUREAUX SEMINAR. In Richmond, Va. Seminar to include kali/escrima, progressive fighting system drills, JKD concepts, and Lucaylucay kali. Contact Koryo at (804) 527-1059.

SIFU FRANCIS FONG SEMINAR. Gold's Gym, Hilton Head, S.C. Contact McElroy's Martial Arts Academy, P.O. Box 22243, Hilton Head, SC 29925; (803) 681-6538.

MASTER CHAI SIRISUTE SEMINAR. At the Princeton Academy of Martial Arts, Princeton, N.J. He will cover basic, intermediate and advanced muay Thai techniques and training drills. Contact Rick or Amy Tucci, Princeton Academy of Martial Arts, 14 Farber Rd., Princeton, NJ 08510; (609) 452-2208.

WING CHUN SEMINAR WITH FRANCIS FONG. Contact McElroy's Martial Arts Academy, Post Office Box 22243, Hilton Head Island, SC 29925; (803) 681-6538.

SEPTEMBER 18TH

AMERICAN CHI KUNG INSTRUCTORS ASSOCIATION NATIONAL WORKSHOP. In Houston, Texas. Contact Sam Boswell at (713) 526-8333.

DOUBLE MARTIAL ARTS SEMINAR. With Ron Harris and Nelson Monteiro. In Del Mar, Calif. Contact The Harris Academy, 3605 Earnscliff Pl. #35, San Diego, CA 92111-4155; (619) 571-5523.

SEPTEMBER 23RD-25TH

1994 CHING MO KUNG-FU CAMP. In Vancouver, B.C. Featuring praying mantis hand trapping, grappling skills and groundfighting. Plus tai chi internal training. Contact Lou Crockett or Jon Funk, 3225 Ballenas Ct., Coquitlam, B.C., Canada V3E 1T3; (604) 464-2103 or (604) 220-4779.

SEPTEMBER 24TH

EAST COAST TEAM CHAMPIONSHIPS. Mt. Pilot, N.C. Contact Mickey Heath at (910) 368-9888.

SEPTEMBER 25TH

THE 29TH ANNUAL NORTHEAST TOURNAMENT OF CHAMPIONS. At the Hamburg Fieldhouse, Reading, Pa. Contact George A. Dillman, 251 Mt. View Rd., Reading, PA 19607-9744; (610) 777-1557 or (610) 777-1557.

OCTOBER 1ST-2ND

DAN INOSANTO SEMINAR. In State College, Pa. Covered will be Filipino martial arts, Jun Fan/JKD and shoot wrestling. Contact Bill Gebhardt, State College Martial Arts Academy, 412 W. College Ave., State College, PA 16801; (814) 237-KICK.

FRANCIS FONG SEMINAR. Covered will be wing chun. At Bayside Academy of Martial Arts. Contact B.A.M.A., P.O. Box 0374, Princeton Junction, NJ 08550; (908) 291-9832.

JEET KUNE DO SEMINAR WITH

LARRY HARTSELL. In Baltimore, Md. Covering all ranges of combat and knife and flexible weapons training. Open to all styles. Contact Thomas Clark, 6810 Fifth Ave., Baltimore, MD 21222; (410) 282-6922.

OCTOBER 5TH

WOMEN'S SELF-DEFENSE PROGRAM. At the Shaolin Kung-fu Institute, 106 Mercer St., Hightstown, N.J. Taught by Donna McCoy. Develops awareness skills, teaches kicks, strikes, releases from grabs. Contact Donna McCoy at (609) 448-2424.

OCTOBER 8TH-9TH

BOBBY TABOADA TWO-DAY SEMINAR. In Charlotte, N.C. Covering balintawak arnis. Contact Irwin Carmichael, 7010 Pleasant Oaks Circle, Charlotte, NC 28216; (704) 391-9999.

LAMECO ESKRIMA SEMINAR with Edgar Sulite. In Chicago, Ill. Covered will be single stick, double stick fighting, sword, dagger vs. dagger and empty-hands defense. Contact Degerberg Academy of Martial Arts at (312) 728-5300.

TED LUCAYLUCAY SEMINAR. In Ft. Worth, Texas. Featuring Jun Fan, jeet kune do and Filipino martial arts, including single stick, double stick and knife. Contact Mike Keller, Keller's Academy of Self-Defense, P.O. Box 330475, Ft. Worth, TX 76163; (817) 292-6523.

OCTOBER 15TH

THE 18TH WCKKMA WORLD MARTIAL ARTS CHAMPIONSHIPS. In Swanton, Ohio. Chance to secure a place in the Goodwill Games, in February, 1995 in Sydney, Australia. Contact Dr. Mayle, P.O. Box 145, Swanton, OH 43558; (419) 825-1691.

OCTOBER 15TH-16TH

EDGAR SULITE SEMINAR in Albuquerque N.M. Covered will be single, double stick fighting, dagger vs. dagger fighting, and empty-hands defense. Contact Arlan Sanford at (505) 983-7345.

KALI/WING CHUN/MUAY THAI SEMINAR with Rick McElroy. Contact McElroy's Martial Arts Academy, Post Office Box 22243, Hilton Head Island, SC 29925; (803) 681-6538.

TED WONG JEET KUNE DO SEMINAR. In Montreal, Quebec. Learn the authentic jeet kune do as originally taught by Bruce Lee. Covered will be footwork, kicking range, speed drills, and trapping hands. Contact Patrick Chan-Yu-Tin, 1144 Perras St., Lasalle, Quebec, Canada H8N 1G2; (514) 768-3540, 595-3488 or Peter Choo-Foo at (514) 365-6278.

OCTOBER 20TH

FILIPINO MARTIAL ARTS SEMINAR. With guru Tom Bolden. Covering single and double stick with empty-hand translations. Contact Glenn Smits, 131 Cragmoor Rd., Pine Bush NY 12566; (914) 647-8455.

OCTOBER 21ST

YANG AND WU STYLE FIGHTING APPLICATIONS. With Kumar Frantzis. Contact Frank Allen, Wutang Physical Culture Association, 7-1/2 Second Avenue, New York, NY 10003; (212) 533-1751.


OCTOBER 21ST-23RD

AUTUMN QIGONG RETREAT. With Dr. T.K. Shih. In Virginia. Contact A Taste of China, 111 Shirley St., Winchester, VA 22601; (803) 667-7595.

OCTOBER 22

THE 1994 BATTLE OF BLOODY MARSH NATIONAL KARATE CHAMPIONSHIPS. At Charter Health Center, St. Simons Island, Ga. Contact Dan Burrello, Southersports Productions at (912) 638-6034.

Continued on page 92



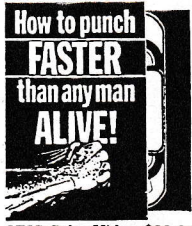
How FAST do you want to be?

Imagine what it would be like to punch so fast your opponent is hit 8, 9, 10 even 13 times before he sees it coming!


Picture yourself hitting an attacker at least 10x every second! Is it possible? Yes! In fact it's so easy, we guarantee to increase your punching speed and power in less than 5 minutes! This amazing NEW video will teach you how to develop LIGHTNING FAST SPEED quickly! Will fit into all styles and systems.

- Learn the 1 powerful secret to speed!
- Learn how to hit a man 10x per second
- Learn hidden Jeet Kune Do speed secrets!
- Discover how to overwhelm any opponent
- Learn secrets to lightning fast punches!

All martial artists, boxers and street fighters agree on one point, SPEED is the key to overwhelming any adversary! This video gives you the SECRETS to lightning fast speed!



How to punch FASTER than any man ALIVE!
VHS Color Video \$39.95



Jeet Kune Do Street Fighting

This is the video other JKD instructors don't want you to see! Learn original JKD street fighting secrets only a chosen few martial artists ever learned. Unstoppable fighting power! VHS Color Video \$39.95

Special offer! Purchase both videos and pay only \$49.95 total

☐ How to Punch Faster . \$39.95 + p/h

☐ JKD Street Fighting \$39.95 + p/h

☐ Both together only \$49.95 + p/h

Add \$5 p/h one or \$7 p/h both

Total Enclosed \$ _____

Send cash, check or M.O. to:

Street Warrior Products

P.O. Box 342

Hopkins, MN 55343

Canada & overseas add \$10 per order.


Allow 2-6 weeks delivery normal delivery 3-4 weeks!

Southern Praying Mantis Kung-Fu

by Sifu Henry Poo Yee

A direct 5th generation disciple of the 4th generation Grand Master Sifu Lam Sang of Jook Lum Temple Tong Long Pai.

The First Time Ever Released to the Public!



馬步-身形-拳術

75 minutes Step-by-Step Instructions & Demonstrations

- * THE SYSTEM'S HISTORY
- * THE TRAINING CONCEPTS
- * THE INFIGHTING PHILOSOPHIES

A professional Jook Lum Production video
U.S. \$79.95, postage & handling included. Texas residents add 8.25% sales tax. Foreign orders add U.S. \$8.00 for airmail postage & handling. Money orders or certified checks only. Allow 2 weeks for delivery. Others allow 4-6 weeks for check clearance.

Send orders payable to:

C.K.F.A.— Jook Lum Productions
P.O. Box 14484,
Humble, TX 77347



PANTHER PRODUCTIONS TRAINING VIDEOS

1982

Don't Settle For Less Train With The Best! Highest Quality Guaranteed!

BUDOSHIN JU-JITSU

BLACK BELT HOME STUDY COURSE

★ ALL 8 VIDEOS ONLY \$169 LIMITED TIME OFFER ★

STARRING
MASTER
GEORGE KIRBY

CORRESPOND
WITH MASTER
KIRBY AND
RECEIVE YOUR
BLACK BELT
IN JU-JITSU
WITH THESE
GREAT TAPES!

SOLD AS
COMPLETE
8 TAPE
SET ONLY
TAPES NOT
AVAILABLE
INDIVIDUALLY!

SATISFACTION
GUARANTEED

"The quality
and content
of your
videos
surpass
anything
else I've
seen.
Keep up the
good work!"

Ray Mazza
Utica, N.Y.

★ AWESOME JOINT LOCKING AND THROWING TECHNIQUES ★

1. JU-JITSU LESSON 1 - TECHNIQUES FOR
ACHIEVING YOUR GREEN BELT
ORDER #KIRBY-1 40 MIN.
VALUE \$49.95 SOLD AS SET ONLY!
2. JU-JITSU LESSON 2 - TECHNIQUES FOR
ACHIEVING YOUR GREEN BELT WITH
YELLOW STRIPE
ORDER #KIRBY-2 40 MIN.
VALUE \$49.95 SOLD AS SET ONLY!
3. JU-JITSU LESSON 3 - TECHNIQUES FOR
ACHIEVING YOUR PURPLE BELT
ORDER #KIRBY-3 38 MIN.
VALUE \$49.95 SOLD AS SET ONLY!
4. JU-JITSU LESSON 4 - TECHNIQUES FOR
ACHIEVING YOUR BROWN BELT WITH
GREEN STRIPE
ORDER #KIRBY-4 44 MIN.
VALUE \$49.95 SOLD AS SET ONLY!
5. JU-JITSU LESSON 5 - TECHNIQUES FOR
ACHIEVING YOUR BROWN BELT WITH
BLACK STRIPE
ORDER #KIRBY-5 20 MIN.
VALUE \$49.95 SOLD AS SET ONLY!
6. JU-JITSU LESSON 6 - TECHNIQUES FOR
ACHIEVING YOUR BROWN BELT WITH
BLUE STRIPE
ORDER #KIRBY-6 26 MIN.
VALUE \$49.95 SOLD AS SET ONLY!
7. JU-JITSU LESSON 7 - TECHNIQUES FOR
ACHIEVING YOUR BLACK BELT
ORDER #KIRBY-7 46 MIN.
VALUE \$49.95 SOLD AS SET ONLY!
8. JU-JITSU LESSON 8 - STREET SELF-
DEFENSE TECHNIQUES
ORDER #KIRBY-8 40 MIN.
VALUE \$49.95 SOLD AS SET ONLY!

★ JU-JITSU BLACK BELT HOME STUDY COURSE! ★

Send Only \$169 for complete 8 tape set. Includes Ship-
ping. You save \$230. Sold as complete 8 tape set only.
Outside U.S. add \$48 Shipping. ORDER# KIRBY-SP8

KENPO SELF-DEFENSE CHAMPION JODY SASAKI PRESENTS

THE COMPLETE AMERICAN

KENPO

SELF-DEFENSE
TECHNIQUES

Required for
Promotion To All
Kenpo Belt Ranks.

OVER 500 KENPO
SELF-DEFENSE
TECHNIQUES

NEW
RELEASE



Perform American Kenpo like a champion and advance to higher belt ranks with these great
tapes! See the required Kenpo self-defense techniques demonstrated at their highest level
of speed, power, and perfection.

Join American Kenpo Black Belt Self-Defense Champion Jody Sasaki by ordering today at
the low introductory price of only \$39.95 per tape. Hurry Ends Soon! Highest quality
guaranteed.

In tournament competition Mr. Sasaki is 6 time National Self-Defense Champion and 4
time winner of Ed Parker's prestigious International Karate Championships. His amazing
demonstrations of American Kenpo Self-Defense Techniques have become legendary!

1. KENPO YELLOW BELT SELF-DEFENSE
Order #KSD-1 Reg. \$49.95 Now Only \$39.95
2. KENPO ORANGE BELT SELF-DEFENSE LESSON 1
Order #KSD-2 Reg. \$49.95 Now Only \$39.95
3. KENPO ORANGE BELT SELF-DEFENSE LESSON 2
Order #KSD-3 Reg. \$49.95 Now Only \$39.95
4. KENPO PURPLE BELT SELF-DEFENSE LESSON 1
Order #KSD-4 Reg. \$49.95 Now Only \$39.95
5. KENPO PURPLE BELT SELF-DEFENSE LESSON 2
Order #KSD-5 Reg. \$49.95 Now Only \$39.95
6. KENPO BLUE BELT SELF-DEFENSE LESSON 1
Order #KSD-6 Reg. \$49.95 Now Only \$39.95
7. KENPO BLUE BELT SELF-DEFENSE LESSON 2
Order #KSD-7 Reg. \$49.95 Now Only \$39.95
8. KENPO GREEN BELT SELF-DEFENSE LESSON 1
Order #KSD-8 Reg. \$49.95 Now Only \$39.95
9. KENPO GREEN BELT SELF-DEFENSE LESSON 2
Order #KSD-9 Reg. \$49.95 Now Only \$39.95
10. KENPO 3RD DEGREE BROWN BELT SELF-DEFENSE LESSON 1
Order #KSD-10 Reg. \$49.95 Now Only \$39.95
11. KENPO 3RD DEGREE BROWN BELT SELF-DEFENSE LESSON 2
Order #KSD-11 Reg. \$49.95 Now Only \$39.95
12. KENPO 2ND DEGREE BROWN BELT SELF-DEFENSE LESSON 1
Order #KSD-12 Reg. \$49.95 Now Only \$39.95
13. KENPO 2ND DEGREE BROWN BELT SELF-DEFENSE LESSON 2
Order #KSD-13 Reg. \$49.95 Now Only \$39.95
14. KENPO 1ST DEGREE BROWN BELT SELF-DEFENSE LESSON 1
Order #KSD-14 Reg. \$49.95 Now Only \$39.95
15. KENPO 1ST DEGREE BROWN BELT SELF-DEFENSE LESSON 2
Order #KSD-15 Reg. \$49.95 Now Only \$39.95
16. KENPO 1ST DEGREE BLACK BELT SELF-DEFENSE LESSON 1
Order #KSD-16 Reg. \$49.95 Now Only \$39.95
17. KENPO 1ST DEGREE BLACK BELT SELF-DEFENSE LESSON 2
Order #KSD-17 Reg. \$49.95 Now Only \$39.95
18. KENPO 2ND DEGREE BLACK BELT SELF-DEFENSE LESSON 1
Order #KSD-18 Reg. \$49.95 Now Only \$39.95
19. KENPO 2ND DEGREE BLACK BELT SELF-DEFENSE LESSON 2
Order #KSD-19 Reg. \$49.95 Now Only \$39.95
20. KENPO 3RD DEGREE BLACK BELT SELF-DEFENSE LESSON 1
Order #KSD-20 Reg. \$49.95 Now Only \$39.95
21. KENPO 3RD DEGREE BLACK BELT SELF-DEFENSE LESSON 2
Order #KSD-21 Reg. \$49.95 Now Only \$39.95

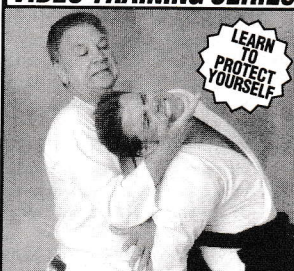
★ KENPO SELF-DEFENSE SPECIAL! Order all 21 videos,
pay for only 14, get 7 FREE! You Save \$280 at the low
introductory prices. Send only \$560! Includes shipping. Outside
U.S. add \$80 shipping. ★ ORDER # KSD-SP21 ★



SAFE★ESCAPE

AIKIDO

SELF-DEFENSE
VIDEO TRAINING SERIES



LEARN
TO
PROTECT
YOURSELF

STARRING AIKIDO MASTER ROBERT LIEDEKE

★ LEARN AIKIDO TECHNIQUES DESIGNED FOR STREET
COMBAT... INCLUDES ALL REQUIREMENTS TO BLACK BELT.

1. SAFE★ESCAPE AIKIDO SELF
DEFENSE - LESSON 1
Lesson one will focus on warm-up exercises,
rolling and falling drills, the use of pressure
points, understanding and applying "Ki" and
simple escape techniques from most common
attacks. Also explained is the proper use of body
movement to overcome an attacker's resistance.
Order #SAFE-1 ... 57 min. Only \$49.95
2. SAFE★ESCAPE AIKIDO SELF
DEFENSE - LESSON 2
In this exciting video, Aikido Master Bob Liedke
reviews the basic techniques of Aikido that have
been modified for street use, including several
throwing techniques. Master Bob Liedke has been
a martial artist for over 30-years and has spent a
number of years modifying the complicated tech-
niques of Aikido so that anyone can learn them.
Order #SAFE-2 ... 60 min. Only \$49.95
3. SAFE★ESCAPE AIKIDO
SELF DEFENSE - LESSON 3
Included in this video tape are defense techniques
against the most common grabs, punches, chokes,
kicks and strikes of all kinds. The self-defense
techniques shown in this series of "Safe★Escape"
Aikido can be learned by anyone and should be part
of every martial artist repertoire.
Order #SAFE-3 ... 53 min. Only \$49.95
4. SAFE★ESCAPE AIKIDO
SELF DEFENSE - LESSON 4
The gun and knife techniques demonstrated in
this clear and concise video tape are explained in
detail by Master Bob Liedke. Disarming an at-
tacker threatening you with a gun or a knife or
any other weapon is a very dangerous situation,
one in which you can be killed or seriously
injured. So learn these weapon defenses slowly
and carefully and they will serve you well.
Order #SAFE-4 ... 61 min. Only \$49.95
5. SAFE★ESCAPE AIKIDO
SELF DEFENSE - LESSON 5
Included in this exceptional video tape are nu-
merous self-defense joint-breaking techniques.
The breaking techniques shown are very de-
structive when used forcefully, so use care when
practicing with your partner. Also included are
defense against two or more armed attackers.
Order #SAFE-5 ... 58 min. Only \$49.95
6. SAFE★ESCAPE AIKIDO
SELF DEFENSE - LESSON 6
This valuable tape teaches over 30 street fight-
ing self-defense techniques designed to disable
your opponent instantly whether assaulted from
the front, side or rear. Learn to make short work
of an attacker by ordering today!
Order #SAFE-6 ... 55 min. Only \$49.95

★ SAFE★ESCAPE★ ★ AIKIDO SPECIAL! ★

Order all 6 Aikido Self-Defense
videos, pay for only 4, Get 2
FREE! You Save \$100! Send
only \$224. Price includes ship-
ping. Outside U.S. add \$36
Shipping. ORDER #SAFE-SP6.

★ TO ORDER PANTHER VIDEOS, USE ORDER FORM ON FOLLOWING PAGE, OR WITH CREDIT CARD CALL TOLL-FREE 1-800-332-4442 ★

**THANK YOU
FOR YOUR
ORDER**



VIDEOS

Dim-Mak Taiji Bagwa By Erle Montaigue

MTG PUBLICATIONS
P/O Box 792 Murwillumbah NSW
2484 Australia. Ph:(61-66)797145 Fax:
(61-66) 797028. CIS:100236,342
**U.S.A. Phone: Al Krych (908)
4751619. For Orders Or Info.**
Amex: Visa: Mastercard.

70 TITLES: Ask For A Free Catalogue

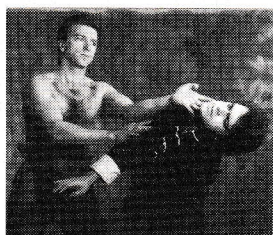
- | | | |
|---|---|--|
| MTG21
Taiji Secrets: Old & New Yang Styles + Dim-Mak Applications, \$70.00 2 tapes. | MTG36
Dim-Mak Intricacies Vol 2:
1hr. 30 m. \$50.00 | MTG57
Knife Defence For Law Enforcement Officers.
1 hr. \$40.00 |
| MTG47
Dim-Mak Intricacies Vol 5:
1hr. 30 m. \$50.00 | MTG23
Advanced Dim-Mak & Dim-Mak Antidotes:
2hr.15 \$55.00 | MTG55
K/O & Controlling Points For Law Enforcement Officers.
2 Hrs. \$50.00 |
| MTG41
Dim-Mak Intricacies Vol 4:
1hr. 40m. \$50.00 | MTG56 (3 Vols)
Taiji Dim-Mak To The Max: Vol 1 Yang Lu-ch'an form. \$50.00. | MTG62
The 12 most deadly dim-mak katas with applications & Healing. 1.5 hrs. \$50.00 |
| MTG37
Dim-Mak Intricacies Vol 3:
1hr. 43m. \$50.00 | MTG67
How To Fight A Grappler Vol 1.
1.5 Hrs. \$50.00 | Amex, Visa, M'card
5.00 per tape P & P. |

Grandmaster PHILIP HOLDER

Combat Martial Arts Presents...

THE ANATOMY OF WING CHUN

Kung-Fu Video



The most comprehensive video you can have on the WING CHUN KUNG FU SYSTEM. This near two hour video cassette is a must for the novice and for the experienced instructor. This video covers all major aspects of this fascinating art. It will take you from the historical origins of Wing Chun through the concepts that the system is based on including... The Three Forms, Wooden Dummy, Stances and Footwork, Center Line and Radial Positioning Principles, the Six Gates, the Stages of Combat, Crossing the Bridge, Finding the Tunnel, Deflection and Redirection, Dissolving the Opponent's Energy, Economy of Energy and Movement, Improving Punching Skills, Improving Kicking Skills, Visual Perception, Chi Sao Training, Knees and Elbows, Self Defense, Improving your Sparring Skills, Wing Chun Weapons and more!!!

CONTACT SPARRING & BATTLE APPLICATIONS

From warm up and training exercises to actual full contact and street fighting applications, this tape can help you become a better fighter.

THE SIX ZONE SAFEGUARD SYSTEM

Learn this **AMAZING** self defense method designed by NORTH AMERICAN WING CHUN ASSOCIATION GRANDMASTER Philip Holder, in the privacy of your own home.

THE SIX ZONE SAFEGUARD SYSTEM is a practical approach to personal protection. There are no time consuming forms or Katas, no foreign language terminology and no need to be super flexible or to be a super athlete.

I WOULD LIKE TO PLACE MY ORDER FOR:

Qty.	Title	Cost Ea.	Total
	The Anatomy of Wing Chun	\$49.95	
	Basics of The Six Zone Safeguard System	\$24.95	
	Six Zone Sudden Death Street Tactics	\$42.50	
	Defense Escapes	\$24.95	
	Women's Defensive Tactics	\$29.95	
	Combat Sparring	\$39.50	
Tax (if applicable)			
Shipping and Handling			
TOTAL			

Please print:

Name _____

Address _____

Phone _____

Add \$4.75 Shipping and handling for one cassette, and \$1.50 extra for each additional cassette. Overseas orders add \$9.50 plus \$1.50 for each additional cassette.

Checks or money orders only. No C.O.D. or Credit Card orders. Money orders speed processing. Allow 4 to 6 weeks for delivery. Make money order or check payable to "Philip Holder" and send to: Wing Chun Video, Suite #203, 7257 N.W. 4th Blvd., Gainesville, FL 32607. Phone (904) 372-2248.

AVAILABLE IN VHS FOR THE USA AND PAL FOR EUROPE, ETC.

In Europe contact: Modern Sports, Postfach 300602, 70446 Stuttgart (Germany) Tel: 0711 / 5301045, Telefax: 0711 / 532256

MAIN EVENTS *Continued from page 89*

TRAPPING RANGE SEMINAR IN HOUSTON. Utilizing a variety of different martial arts, this seminar will cover the principles and application of the trapping range. Contact Tim Mousel, Mousel's Self-Defense Academy, 8162 Richmond, #209, Houston, TX 77063; (713) 953-1263.

OCTOBER 22ND-23RD

CARLEY GRACIE SEMINAR. At Bayside Academy of Martial Arts. Gracie jiu-jitsu will be offered. Contact B.A.M.A., P.O. Box 0374, Princeton Junction, NJ 08550; (908) 291-9832.

DAN INOSANTO SEMINAR. In Princeton, N.J. Covered will be jeet kune do concepts, Filipino martial arts, plus Indonesian and Malaysian silat. Contact Rick or Amy Tucci, Princeton Academy of Martial Arts, 14 Farber Rd., Princeton, NJ 08540; (609) 452-2208.

ZHANG JIE PAQUA SEMINAR. In Santa Fe, N.M. Covered will be paqua circle walking eight animal chi kung. Contact Jim Cox, RR 10, Box 1098, Santa Fe, NM 87501; (505) 474-2871.

OCTOBER 29TH

2ND ANNUAL SPORTS JU-JITSU NATIONAL CHAMPIONSHIP. Sanctioned by the USJJA. In Nitro, W. Va. Contact the BCI Defensive Arts Institute, P.O. 759, Nitro, WVA 25143; (304) 755-2241.

SPORT JUJITSU NATIONALS. In Nitro, W.Va. Contact Ernie Boggs at (304) 755-2241.

NOVEMBER 2ND

WOMEN'S SELF-DEFENSE PROGRAM. At the Shaolin Kung-fu Institute, 106 Mercer St., Hightstown, N.J. Taught by Donna McCoy. Develops awareness skills, teaches kicks, strikes, releases from grabs. Contact Donna McCoy at (609) 448-2424.

NOVEMBER 5TH

PARK, BOK NAM SEMINAR. In Boston, Mass. Paqua chang, chi kung and fighting. Contact Mark Sachs, Ganawatte Farms, Pine St., Walpole, MA 02081; (508) 868-2233.

NOVEMBER 5TH-6TH

7TH KUBOTA WORLD CUP CHAMPIONSHIP. At Occidental College, Los Angeles, Calif. 39 countries invited to attend. Contact International Karate Association, Inc., 3301 N. Verdugo Rd., Glendale, CA 91208; (818) 541-1240 or (818) 246-0063 FAX.

DAN INOSANTO SEMINAR. In Tulsa, Okla. Covered will be Jun Fan/JKD, kali and pencak silat. Contact Terry or Cathy Gibson, 5455-D South Mingo Rd., Tulsa, OK 74146; (918) 627-8866.

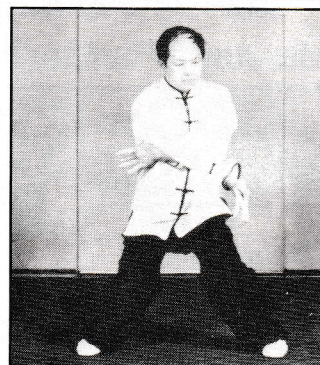
LARRY HARTSELL SEMINAR. In Waterbury, Conn. Covered will be JKD concepts, grappling and knife work from various kali systems. Contact Ron Kosakowski, RKPSDTC, P.O. Box 2104, Waterbury, CT 06722; (203) 596-9073.

NOVEMBER 12TH-13TH

SIFU FRANCIS FONG SEMINAR in Central, N.Y. Seminar features wing chun trapping, sensitivity, and application. Contact Kevin or Charlene Seaman, East West Martial Arts Academy, 83 Pomeroy St., Cortland, NY 13045; (607) 756-4961.

LAMECO ESKRIMA SEMINAR with Edgar Sulite. Covered sword, knife fighting, empty hands disarming. Single, and double stick fighting. Contact Greg Allen (915) 594-7916.

REAL CONTACT STICKFIGHTING SEMINAR. In Houston, Texas. With Eric Knaus and Marc Denny. Covered will be the various aspects of stickfighting, including power techniques, footwork, and Machado Brazilian jiu-jitsu. Contact Alvis W. Solis, 4425 Kingwood Dr. #203,



Kingwood, TX; (713) 359-4703.

NOVEMBER 13TH

GROUND FIGHTING SEMINAR IN HOUSTON. Two-time world team member Eric Williams will conduct a seminar on grappling as it relates to practical applications. Contact Tim Mousel, Mousel's Self-Defense Academy, 8162 Richmond, #209, Houston, TX 77063; (713) 953-1263.

NOVEMBER 17TH

FILIPINO MARTIAL ARTS SEMINAR. With guru Tom Bolden. Covering single and double stick with empty-hand translations. Contact Glenn Smits, 131 Cragmoor Rd., Pine Bush NY 12566; (914) 647-8455.

NOVEMBER 19TH

BRUCE LEE'S 53RD DINNER BANQUET. Speakers will include some of Bruce Lee's original students. Plus, rare footage of Bruce training. Also, rare Bruce memorabilia on display. Contact Rudy, P.M.A. Academy, 6255 SW 8th St., Miami, FL 33144; (305) 262-4757.

NOVEMBER 19TH-20TH

LAMECO ESKRIMA SEMINAR. In Rockville, Md. Guro Edgar Sulite will be giving a seminar on the use of the single stick, double stick and knife. Contact Mike Krivka, Martial Arts Concepts, 444 N. Frederick Ave., Suite 137-L, Gaithersburg, MD 20877; (301) 963-6520.

RICHARD BUSTILLO SEMINAR. Covered will be the three ranges of combat. Contact Rudy, P.M.A. Academy, 6255 SW 8th St., Miami, FL 33144; (305) 262-4757.

RICKSON GRACIE TWO-DAY GRACIE JUJITSU SEMINAR. In Charlotte, N.C. Contact Irwin Carmichael, 7010 Pleasant Oaks Circle, Charlotte, NC 28216; (704) 391-9999.

DECEMBER 3RD

PARK, BOK NAM SEMINAR. In Pacific Grove, Calif. Paqua chang, chi kung and fighting. Contact Dan Miller, (408) 655-2990.

DECEMBER 4TH

STICK AND KNIFE FIGHTING SEMINAR IN HOUSTON. Learn the Filipino methods of stick and knife. Contact Tim Mousel, Mousel's Self-Defense Academy, 8162 Richmond, #209, Houston, TX 77063; (713) 953-1263.

DECEMBER 7TH

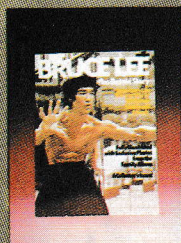
WOMEN'S SELF-DEFENSE PROGRAM. At the Shaolin Kung-fu Institute, 106 Mercer St., Hightstown, N.J. Taught by Donna McCoy. Develops awareness skills, teaches kicks, strikes, releases from grabs. Contact Donna McCoy at (609) 448-2424.

DECEMBER 10TH-11TH

LARRY HARTSELL SEMINAR. In Cleveland, Ohio. Covered will be JKD concepts, grappling and weapons. Contact Ken Gleeson, 34844 Lakeshore Blvd., I, Eastlake, OH 44095; (216) 946-0972. **IKF**

UNIQUE BOOK

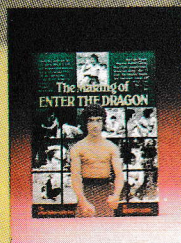
L I B R A R Y



Bruce Lee: The Untold Story

This book traces Bruce's life story as told by his mother, Grace Lee, his family and his close personal friends. New and vital information proves the exploits of the "King of Kung-Fu" can be presented without repetition.

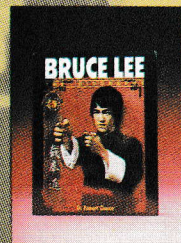
Code # 401 • \$6.50



The Making of ENTER THE DRAGON

For the first time, the truth can be finally told about the making of *Enter the Dragon*. Author Robert Clouse, who directed the martial arts epic, takes you behind-the-scenes for the most startling report ever about Bruce Lee and the movie that made him an international star.

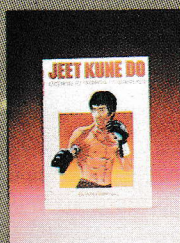
Code # 145 • \$12.95



Bruce Lee- The Biography

Only now can the full story be told 15 years after the untimely death of Bruce Lee. Over 150 rare photos of the little Dragon's life and career. Over 200 pages of facts, quotes, and photos many published for the first time.

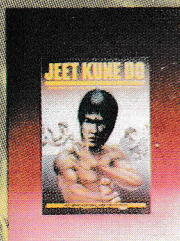
Code # 144 • \$12.95



JEET KUNE DO Entering to Trapping to Grappling

Larry Hartsell
This book is a complete presentation of the use of Jeet Kune Do in the close-in grappling range. Hartsell, one of Bruce Lee's original students, takes a clear cut, no-nonsense approach to a complete fighting form that incorporates moves from boxing, wrestling, karate, Jujitsu, Judo, savate, kali and escrima.

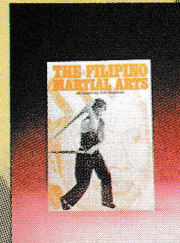
Code # 403 • \$14.95



Jeet Kune Do - Vol. 2

Larry Hartsell
and Tim Tackett
The long-awaited sequel to the popular JKD 1 - Entering to Trapping and Grappling.

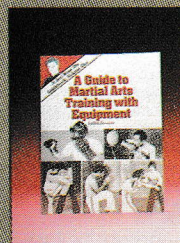
Code # 404 • \$12.95



The Filipino Martial Arts

Dan Inosanto
This book provides the reader with a complete understanding of the philosophy, history, strengths, and weakness of the fighting systems in which the nunchaku and the double sticks are used. This system is now an intrinsic part of Jeet Kune Do.

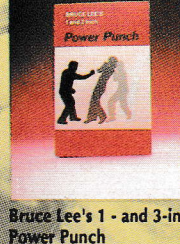
Code # 507 • \$14.95



Guide to Martial Arts Training with Equipment

Dan Inosanto

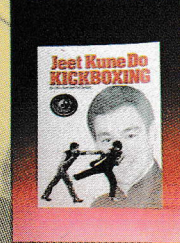
Code # 509 • \$14.95



Bruce Lee's 1 - and 3-inch Power Punch

James W. DeMile
A complete presentation of the principles and applications of one of the most dynamic punches ever developed.

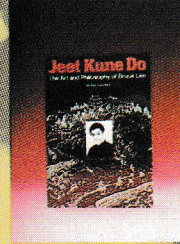
Code # 502 • \$4.95



Jeet Kune Do Kickboxing

Chris Kent
and Tim Tackett

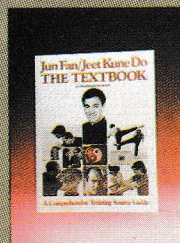
Code # 526 • \$14.95



Jeet Kune Do, The Art and Philosophy of Bruce Lee

Dan Inosanto
Dan Inosanto traces the origins and development, and illustrates some of the basic principles of Jeet Kune Do.

Code # 506 • \$14.95



Jun Fan/Jee Kune Do - The Textbook

Chris Kent
and Tim Tackett
For the first time ever, two of the most well-versed instructors of Bruce Lee's fighting method have joined forces to create this comprehensive training guide. Learn the "Little Dragon's" training and fighting methods. Over 1,000 step-by-step photographs!

Code # 528 • \$14.95



Jeet Kune Do - Its Concepts and Philosophies

Paul Vunak
The contents of this book contains information and background obtained as a result of the author's experiences and lessons that he learned personally through Dan Inosanto, his other instructors, and his students ... over the last 15 years in his study of Jeet Kune Do.

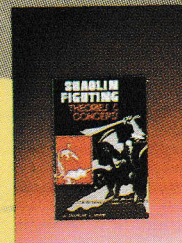
Code # 410 • \$12.95



The Deceptive Hands of Wing Chun

Sifu Douglas L. Wong
The art of wing chun, which translates to "beautiful springtime," is one of the most popular fighting styles in America today. The book is the product of the author's love and devotion to this Chinese art.

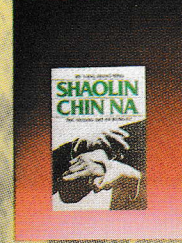
Code # 201 • \$6.50



Shaolin Fighting: Theories & Concepts

Douglas L. Wong
Shaolin Fighting explores the many facets of kung-fu from the beginning stages of saluting to the advanced exercises used on kung-fu training equipment.

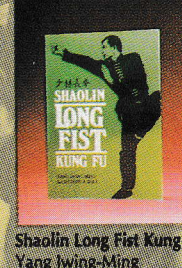
Code # 205 • \$7.50



Shaolin Chin Na The Seizing Art of Kung-Fu

Yang Jwing-Ming
In the Chinese language, chin na roughly translates into two words: "chin" to seize and "na" to control. Thus, the major purpose of chin na is to quiet or stop an aggressive action without maiming or injuring to a serious extent. In Shaolin Chin Na, Yang Jwing-Ming discusses the history and modern-day applications of this powerful martial art.

Code # 207 • \$9.95



Shaolin Long Fist Kung-Fu

Yang Jwing-Ming
and Jeffrey Bolt
This book is a comprehensive study guide to the fundamental and intermediate levels of Shaolin long fist kung-fu. In terms of showing and preserving knowledge for the students and instructors of long fist, this volume provides an invaluable aid for teaching sequences and explaining other aspects of the style.

Code # 208 • \$12.50



The Wu Style of Tai Chi Chuan

Tinn Chan Lee
T.C. Lee is a recognized master of the tai chi chuan developed by the famous Wu Kam Chin of Hong Kong. He is now presenting this art to the Western world for the first time.

Code # 211 • \$9.95

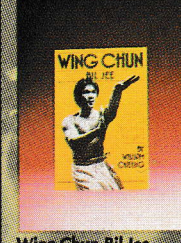


Northern Sil Lum #7 Moï Fah - The Plum Flower Fist

Kwon Wing Lam
and Ted Mancuso

Among the topics covered are: structure of northern sil lum; stances, exercises and warm-ups; close-ups; fists and grabbing action; northern sil lum's young forest; using the foot chart; moï fah, the plum flower fist; basic knowledge of kung-fu; perfecting and demonstrating kung-fu movement; and an excellent calligraphy translation of moï fah's original 40 moves.

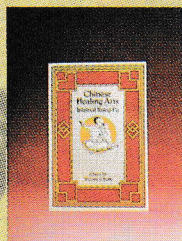
Code # 213 • \$8.95



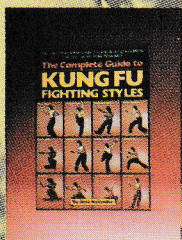
Wing Chun Bil Jee The Deadly Art of Thrusting Fingers

William Cheung
Grandmaster William Cheung, one-time trainer to and personal friend of Bruce Lee, has finally consented to reveal the original wing chun bil jee form taught only to him by the late grandmaster of wing chun, Yip Man.

Code # 214 • \$10.95



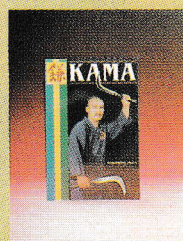
Chinese Healing Arts
 Edited by William R. Berk
Chinese Healing Arts, a unique book which blends the ancient with the modern, and prescribes a program to develop and integrate the body and mind. Included is a discussion of Taoist sexual control, static and dynamic posturing, internal and external massage or kneading, meditation, respiratory exercises and acupressure. Beautiful, ancient woodcuts and an appendix of contemporary photographs illustrate the exercises.
 Code # 222 • \$9.95



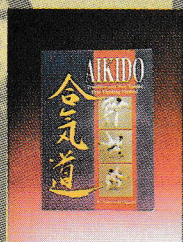
The Complete Guide to Kung-Fu Fighting Styles
 Jane Hallander
 For the very first time in the West, comes a work that surveys the masters' labors—a comparative study of the authentic styles of Chinese martial arts featuring the finest practitioners of this century. It is a book that will take you from the outer limits of external power training to the inner realm of the master's mind.
 Code # 221 • \$9.95



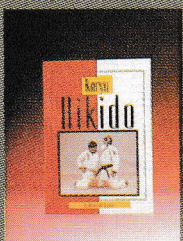
Shaolin Five Animals Kung-Fu
 Doc Fai-Wong and Jane Hallander
 Ancient Chinese monks discovered that by incorporating into their martial arts the fighting movements of these animals, they could create a system as harmful to the enemy as it was healthful to the practitioner.
 Now, thanks to Doc-Fai Wong, one of the world's most respected grandmasters, you too can learn the true essence of the Shaolin Five Animal System.
 Code # 218 • \$9.95



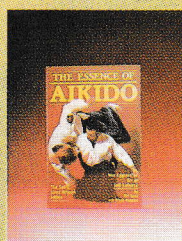
Kama Okinawan Weapon Art
 Toshishiro Obata
 From the time that the warlord Hideyoshi outlawed the ownership of edged weapons by Okinawans, the techniques demonstrated in this book were kept hidden from the civil and military authorities, and taught only in complete secrecy to family members or "inner" students. Shogun Hideyoshi has good reason to respect the fighting ability of the islanders, for as author Toshishiro Obata shows, the twin sickles of Okinawa are among the most effective close combat weapons ever invented, and when wielded by an expert, almost unbeatable.
 Code # 546 • \$11.95



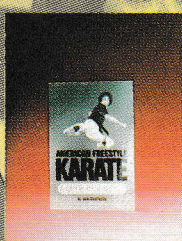
Aikido - Tradition and New Tomiki Free Fighting Method
 Nobuyoshi Higashi
 Aikido, the Japanese martial art designed to accomplish the maximum result with the minimum of effort, is an ingenious method based on the laws of physics and anatomy. It is based on a philosophy of nonviolence and nonaggression. This is the most comprehensive volume on this unique system to date and will be of infinite value to everyone, from beginner to advanced practitioner.
 Code # 319 • \$12.95



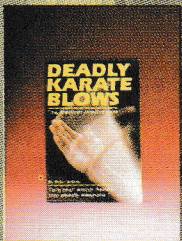
Koryu Aikido
 Nobuyoshi Higashi
 There are many techniques which cannot be fully executed in free practice. Professor Tomiki classified and developed the most effective use of 50 of these techniques from traditional jujutsu and aikido. He called these *Koryu-goshin-no-kata* ("Self-defense form of traditional aikido"). *Koryu-goshin-no-kata* demonstrates defense against both armed and unarmed opponents. This is a highly sophisticated form of aikido. Beginning and advanced students will benefit from learning this form to further refine their skills and develop proper technique.
 Code # 321 • \$14.95



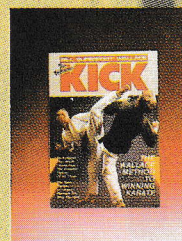
The Essence of Aikido
 Bill Sosa and Bryan Robbins
 Morihei Ueshiba envisioned a style that could be both non-aggressive and still effective in a multitude of self-defense situations. From that vision came the art of aikido. As a student, you will be taught to respect the body of your opponent. The techniques should never cause permanent damage. The pain you inflict will be momentary. The aikido student is taught to search for eternal harmony. But his training has no end, for aikidists believe perfection of character is never complete.
 Code # 320 • \$9.95



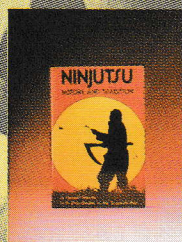
American Freestyle Karate
 A Guide to Sparring
 Dan Anderson
 "American Freestyle" is the tag Dan Anderson gave his method of instruction to convey the idea of a non-Oriental approach to karate. Rather than the idea of a set style which is passed from master to senior student, Anderson likens his studio and training methods to that of a boxing gym headed by a particular trainer.
 Anderson has taken original karate principles and devised his own tactics. "American Freestyle" karate is the product of his years of work and experimentation.
 Code # 303 • \$7.95



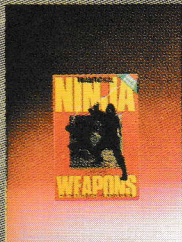
Deadly Karate Blows: The Medical Implications
 Brian Adams
 The most authoritative and respected book in its field has been completely revised and updated. A team of medical experts and martial artists devoted three years to researching and compiling an accurate, detailed report on the injury potential of karate strikes. The easy-to-follow text, photos and illustrations clearly describe the techniques, target areas and natural weapons of the body that make empty-hand fighting a deadly art.
 Code # 312 • \$9.95



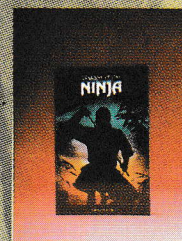
The Ultimate Kick
 Bill "Superfoot" Wallace
 Despite a major handicap, Bill Wallace was the top name on the international and full-contact fighting circuit for almost 20 years. Now for the first time, the man they simply call "Superfoot" reveals his secret ring techniques.
 Learn how to destroy an opponent before ever throwing a punch. Discover how you can turn three simple kicks and two punches into the most devastating combination in competition karate. The Wallace Method: The ultimate guide to fighting technique.
 Code # 406 • \$12.95



Ninjutsu History and Tradition
 Dr. Masaaki Hatsumi
Ninjutsu History and Tradition is the only book on the art of ninjutsu written by Dr. Masaaki Hatsumi, the 34th-generation leader of the togakure-ryu ninjutsu tradition.
 Considered by martial artists as the ninja bible, the long-running best-seller contains training and fighting secrets known only to the ninja of ancient Japan, as well as Hatsumi by virtue of his ascension to the ninjutsu throne.
 Code # 105 • \$12.95



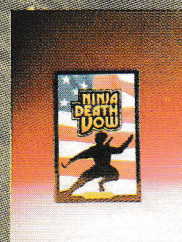
Traditional Ninja Weapons
 Charles Daniel
 "Which weapon is best? How should I train? What makes the fighting arts of the ninja so effective?" These are just a few of the questions answered in *Traditional Ninja Weapons*. It's all here, from fighting knife skills to wielding the sickle and chain. This is the "official" guide to the combat tools and forbidden secrets of Japan's ninja clans!
 Code # 108 • \$7.95



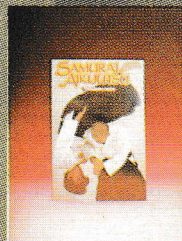
Shadow of the Ninja
 Katsumi Toda
 The extensive martial arts and historical background of the author gives an authenticity and depth to this stirring tale of the Kuroda samurai and the ninja of the Tomokatsu clan that will hold the reader spellbound throughout this beautifully produced book.
 It is a fast-moving tale of treachery, sudden death and martial excellence in the 17th-century Japan made all the more fascinating by original illustrations of ninja weaponry and techniques.
 Code # 513 • \$8.95



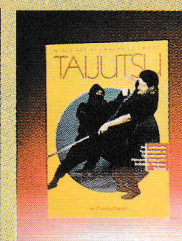
Revenge of the Shogun's Ninja
 Katsumi Toda
 In this sequel to the best-selling *Shadow of the Ninja*, the feud between the Tomokatsu ninja clan and the Kuroda samurai family moves on a generation as it approaches its dramatic and blood-thirsty conclusion.
 Code # 535 • \$8.95



Ninja Death Vow
 Katsumi Toda
 This work is the third in a series by Katsumi Toda detailing the saga of the Tomokatsu ninja and their enemies, the Kuroda samurai. It is set against the background of the U.S. Navy's incursion into Japanese waters just over a century ago to break down the barriers of isolation that has existed since 1600.
 Code # 534 • \$8.95



Samurai Aikijutsu
 Toshihiro Obata
 Code # 549 • \$14.95



Taijutsu: Ninja Art of Unarmed Combat
 Charles Daniel
 Taijutsu is the ninja warrior's elite system of unarmed self-defense. This is the first book to definitively present the concepts, principles, and techniques of this rarest of martial arts, whose lineage traces back through the feudal Japanese masters to ancient Chinese monks.
 Code # 125 • \$12.95



Man of Contrasts
 Hee Il Cho
 Considered among the finest works ever assembled on the art of taekwon do by one of the art's top masters, this book draws on the vast knowledge and skill of one of the foremost taekwon do masters in the world.
 This book contains over 500 photographs with detailed explanations demonstrating master Cho's unique training approach which has made him a martial arts authority for over 30 years.
 Code # 508 • \$16.95



The Complete Tae Kwon Do Hyung Vols. 1-3
 Hee Il Co
 After years of preparation, master Cho presents a three-volume series containing the original 20 traditional recognized forms, as well as the philosophy behind each, beginning with "chonji" and continuing through "yon il."
 Code # 530 Vol. 1 • \$13.95
 Code # 531 Vol. 2 • \$13.95
 Code # 532 Vol. 3 • \$13.95



The Complete Martial Artist Vols. 1-2 (Hard & Soft Covers)
Hee Il Cho

Master Hee Il Cho, a world-renowned martial artist and master instructor, will teach you the skills necessary to develop yourself physically, mentally and spiritually through a new, modern, scientific approach incorporating hand and foot skills.

Five basic fighting systems are discussed in the book. They include: the tae kwon do system; the kyokushin kai system; the Japanese style system; the American point system; and the full-contact system.

Volume I covers the training aspects of the martial arts while Volume II deals exclusively with fighting.

Code # 5101 • \$19.95

Vol. 1 (Soft)

Code # 5102 • \$19.95

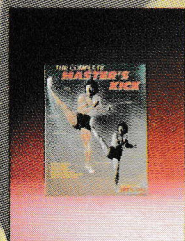
Vol. 2 (Soft)

Code # 5111 • \$27.95

Vol. 1 (Hard)

Code # 5112 • \$27.95

Vol. 2 (Hard)



The Complete Master's Kick
Hee Il Cho

There have been many books about kicking, but never has there been a work such as this. Besides an in-depth examination of 16 different ground kicks, beginners through advanced, this volume is a virtual encyclopedia of additional information about each of the kicks; how to stretch, practice, breathe, weight train, the kick's application - everything! Clearly detailed with step-by-step instructions and over 1,000 pictures.

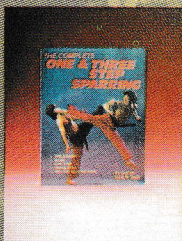
Code # 580 • \$16.95



The Complete Master's Jumping Kick
Hee Il Cho

A companion piece to *The Complete Master's Kick*, this volume covers in-depth 18 jumping kicks, including some of the most beautiful and devastating. In addition to the kind of detail used in *The Complete Master's Kick*, this book also includes sections on acupressure, philosophy and injury prevention, as well as some pictures and verses of rare beauty and insight. Suitable for all styles and disciplines, beginners through advanced.

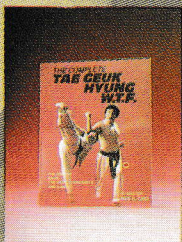
Code # 581 • \$16.95



The Complete One & Three Step Sparring
Hee Il Cho

Learning proper one and three step sparring provides the foundation for excelling in self-defense and free-sparring. For all martial artists. *The Complete One & Three Step Sparring* covers over 50 different techniques as well as 20 different self-defense techniques against weapons such as guns, knives, sticks and baseball bats. Incredible detail and devastating techniques, shown with over 1,000 pictures.

Code # 582 • \$16.95



The Complete Tae Geuk Hyung W.T.F. The Complete Black Belt Hyung W.T.F.
Hee Il Cho

The only patterns recognized for the W.T.F., Olympic and the U.S.T.U. competition, both of these volumes contain over 1,000 photographs which detail all the moves and techniques for each pattern. In addition to the step-by-step instruction (each move typically described with three photographs), both books cover the stances, hand techniques and kicks needed to master these patterns. History, philosophy and application are also covered for each pattern.

The Complete Tae Geuk Hyung:

Code # 583 • \$15.95

The Complete Black Belt Hyung

Code # 584 • \$15.95

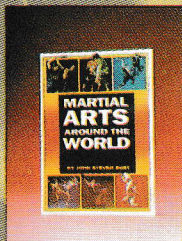


The Art of Stretching & Kicking
James Lew

The stretching exercises put forth in this book are the result of years of athletic training and study which have helped him maximize his performance in every sport endeavor he has undertaken. Their worth has been substantiated by hundreds of his grateful students.

Also included are some of Lew's favorite kicking techniques, including: the front drop kick; the low kick; the double side kick; the roundhouse heel kick and the butterfly kick.

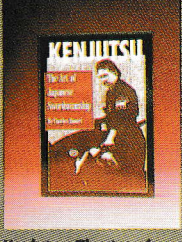
Code # 206 • \$7.95



Martial Arts Around the World
John S. Soet

Side-by-side comparisons of the fighting styles of China, Japan, Okinawa, Korea, the Philippines, Indonesia, Africa, Brazil, and the U.S. Learn how the defensive arts of different countries deal with direct attacks, attacks from weapons, multiple attackers and more!

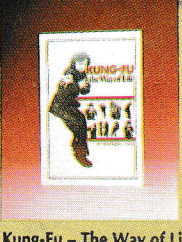
Code # 140 • \$12.95



Kenjutsu: The Art of Japanese Swordsmanship
Charles Daniel

The art of the samurai. In ancient Japan, the sword and the soul were intertwined. The definitive volume on this rare, classical martial art, including a chapter on Japan's greatest swordsmen.

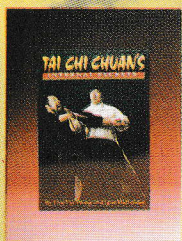
Code # 323 • \$12.95



Kung-Fu - The Way of Life
Doug L. Wong

This book demonstrates the basics of kung-fu from the beginning to the intermediate levels.

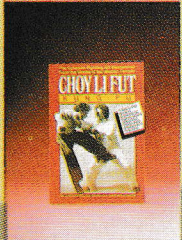
Code # 202 • \$7.50



The Internal Secrets of Tai Chi Chuan
Doc Fai Wong and Jane Hallander

Harness the power of tai chi's amazing internal strength through a comprehensive program of meditation, forms practice and push hands skills.

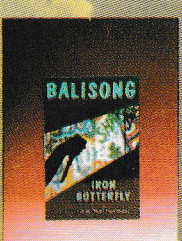
Code # 250 • \$12.95



Choy Li Fut
Doc Fai Wong and Jane Hallander

A step-by-step guide to mastering the fighting secrets of Southern China's most powerful style of kung-fu.

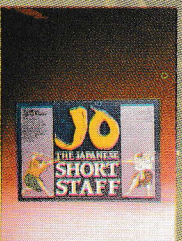
Code # 217 • \$9.95



Iron Butterfly
Cacoy Hernandez

Rarely is a book written by an author whose very existence is a tribute to his expertise. This is such a book. Cacoy Hernandez has fought and lived to tell his tale; his style may shock you, but everyone from would-be street fighters to research sociologists, cannot fail to be gripped by this guide to the balisong knife so splendidly intertwined with the author's autobiography. A devastating book that breaks new ground.

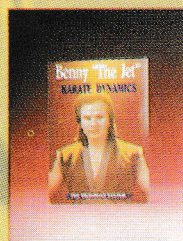
Code # 541 • \$8.95



Jo - The Japanese Short Staff
Don Zier and Tom Lang

The Jo, the Japanese short staff - it combines the techniques of the spear, sword, and the naginata, Japan's halberd. In the words of author Tom Lang, "The Jo is a humble weapon with a noble history; a simple weapon of great complexity."

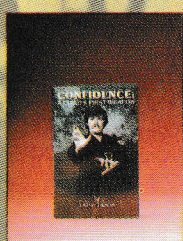
Code # 310 • \$12.95



Karate Dynamics - The Ukidokan System
Benny "The Jet" Urquidez

For nearly two decades, Benny "The Jet" Urquidez and his family have dominated every facet of the martial arts world - self-defense, kickboxing and point competition. Now, Benny has organized and refined their original system. What has emerged is his own personal style, while he christened Ukidokan. It is a blend of karate, boxing, judo, aikido and many other fighting forms and is, without a doubt, the most complete martial art in the world today!

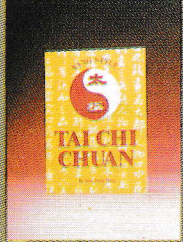
Code # 555 • \$14.95



Confidence: A Child's First Weapon
Larry Tatum

There will come a time when children must stand alone against the world. By training in the principle of kenpo karate, your child will develop a sense of confidence - an you a sense of security.

Code # 1170 • \$8.95



Yang Style Tai Chi Chuan
Yang Jwing-Ming

Tai chi chuan, one of the oldest pugilistic systems in China, is at once the most popular as well as least understood Chinese martial art currently practiced. However, Yang Jwing-Ming, one of the East Coast's most notable tai chi teachers, attempts to clear some common misconceptions through effective explanation and techniques.

For anyone with an interest in tai chi, this book is a must.

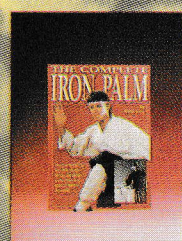
Code # 210 • \$12.50



Kung Fu: History, Philosophy and Technique
David Chow and Richard Spangler

Revealed for the first time in English are some of kung-fu's most outstanding secrets - the reality behind some of the enigmas. From original sources in China, Chow and Spangler describe feats which most Westerners consider impossible, including: how to walk up the side of a wall; how to walk on sand without leaving footprints; how to beat an enemy with the flick of a finger, and the delayed death-producing "Red Sand Palm."

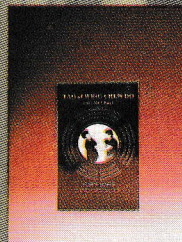
Code # 103 • \$14.95



The Complete Iron Palm
Brian Gray

Brian Gray, one of the world's foremost authorities on iron palm philosophy and technique, takes you through every phase of this secret ancient Chinese method, learn the conditioning techniques, breathing exercises and actual iron palm strikes that have made Gray a seminar favorite for 20 years.

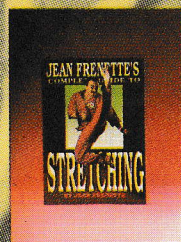
Code # 415 • \$12.95



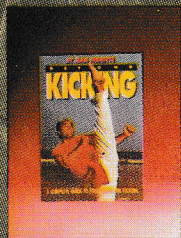
Tao of Wing Chun Do Volume I, Part 1
James W. DeMile

As one who trained extensively with Bruce Lee in the early 1960s, James W. DeMile combined his interpretations of modern wing chun according to Lee with the modern science of behavior modification. The result was a dynamic program for personal development known as wing chun do.

Code # 5031 • \$6.95

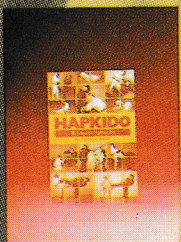


Jean Frenette's Complete Guide to Stretching
Jean Frenette
Every martial artist needs to stretch. Whether you're a fighter or a forms competitor, heavy-weight or lightweight, your performance will depend greatly on your flexibility. Now you can learn the ins and outs from Jean Frenette, considered one of the finest instructors in the world.
Code # 420 • \$10.95

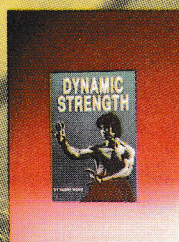


Beyond Kicking
Jean Frenette
Along with superstretching secrets, you'll learn how to use your flexibility to improve kicking techniques; discover why weight training adds power to your forms; understand how a proper diet leads to better performance; and develop a cardiovascular training program that will keep you from running out of gas.

This is not the easiest program you've ever tried, but it will be the most rewarding.
Code # 421 • \$12.95



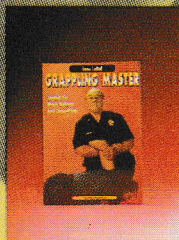
Hapkido - The Integrated Fighting Art
Robert K. Spear
Hapkido, the "way of coordinated power" is a total martial art, containing the throwing aspects of judo, the striking aspects of karate, and the locking and breaking aspects of aikido. This is the definitive work on this multifaceted system, considered by many to be Korea's deadliest fighting art.
Code # 360 • \$12.95



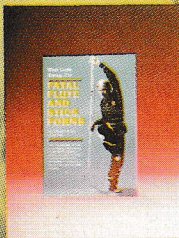
Dynamic Strength
Harry Wong
The book uses comprehensive instructions with plenty of quality photographs to show how to strengthen muscles, gain power and improve physique without the problems of weight training.
Code # 209 • \$6.95



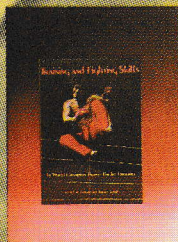
When the Going Gets Tough - A Manual of Urban Survival
Col. M. Smythe
Not for the fainthearted or those of a nervous disposition, the author's unique system of self-defense is simple but appallingly effective. Features masses of photos of militaria including rare Nazi equipment and photos for private collections.
Code # 548 • \$8.95



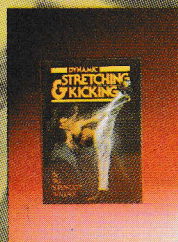
Grappling Master
"Judo" Gene LeBell
In this fascinating book, former professional wrestling great "Judo" Gene LeBell shows you how to make your opponent pay for stepping into the ring with you.
Code # 525 • \$14.95



Fatal Flute and Stick Forms
Chan Poi
Code # 215 • \$12.95



Training and Fighting Skills with Benny "The Jet" Urquidez
Emil Farkas and Stuart Sobel
In his first book on professional karate, Urquidez instructs the student in the techniques that made him No. 1 in the kickboxing world—conditioning, speed, power, timing, endurance, distancing, strategy, and, of course, his famous fighting techniques for devastating opponents.
Training and Fighting Skills, with its numerous photos and comprehensive instruction, will vastly improve the student as a practitioner and competitor.
Code # 402 • \$14.95



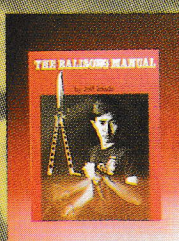
Dynamic Stretching & Kicking
Bill "Superfoot" Wallace
Dynamic Stretching and Kicking, written by world-famous full-contact karate star Bill "Superfoot" Wallace, is structured into two easy-to-follow sections. The first deals with stretching and agility as the key element for developing skill, strength and health. The second section covers his kicking technique and strategy of sparring. Each of his three most famous kicks is analyzed in great detail and with proper application.
Code # 405 • \$14.95



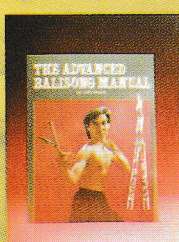
Hsing-I
James W. McNeil
The ancient Taoists developed extraordinary abilities through the practice and perfection of methods that cultivated chi. They could nourish their existence and cultivate a healthy, energetic lifespan, with some living to be from 100- to 150 years of age. The internal aspect of martial arts is a subject discussed by everyone who practices kung-fu, but is known and actually employed by only a few. It is the power that can be felt but never seen, because it comes from within.
Code # 225 • \$14.95



Nunchaku - The Complete Training Guide
Jiro Shiroma
One of the most feared weapons was nunchaku, traditionally used to pound grain and other brush. But placed in the hands of a trained practitioner, the lightweight nunchaku became a symbol of speed and power. Nowhere can this be seen more clearly than through the eyes of jiro Shiroma, arguably one of the most talented and exciting weapons practitioners on the scene today.
Code # 121 • \$12.95



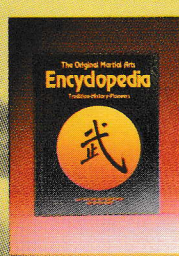
The Balisong Manual
Jeff Imada
Everything you always wanted to know about the balisong is featured in this book, with concise text and hundreds of detailed photos showing: carrying, drawing and flipping manipulation techniques; self-defense techniques; the knife and the law; knife-fighting philosophy; care and maintenance; and striking areas.
Code # 5191 • \$12.95



The Advanced Balisong Manual
Jeff Imada
This sequel to the World's #1 best-selling Balisong manual features: new manipulation techniques, two hand flipping, advanced fighting tips, the latest legal ramifications of the blade, and a complete catalog showing virtually every production balisong on the market with complete specifications.
Code # 5192 • \$12.95



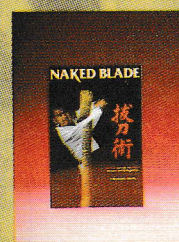
The Fighting Weapons of Korean Martial Arts
In Hyuk Suh and Jane Hallander
In this first book aimed at the general public, In Hyuk Suh examines the topic of Korean weapons including: the favorite weapons of Korea's early warring factions; royal court weapons; and kuk sool won staff and sword forms. This is the long awaited work from the grandmaster of kuk sool won.
Code # 355 • \$9.95



The Original Martial Arts Encyclopedia: Tradition-History-Pioneers
John Corcoran and Emil Farkas
Explore the martial arts, its history and pioneers around the world. All the major arts and styles are historically traced. There has never been another book with this wealth of information in a single volume.
• Over one million facts
• Over one thousand biographies
• Nearly one thousand historical photos
• Over one hundred contributors
• A massive bibliography
• A vast index
• 450 information-packed pages
Code # 524 • \$24.95



Kubotan Keychain: Instrument of Attitude Adjustment
Takayuki Kubota
In the mid-1970s master Kubota first presented his Kubotan self-defense keychain to the world. It is a complete self-defense system that can be used by anyone in any situation.
Code # 536 • \$12.95



Naked Blade: A manual of Samurai Swordsmanship
Toshihiro Obata
Long hidden from the gaze of all but the chosen few, the ferocious techniques of swordsmanship as taught by the Rikugun Toyama Gakko are revealed for the first time in the English language. This is the sword method of the former Japanese Imperial Army. The strength, resolve and power of the samurai live through the techniques that they developed; they can find no greater repository than in the skill of the author and between the pages of this fascinating training manual.
Code # 543 • \$14.95



Crimson Steel: The Sword Technique of the Samurai
Toshihiro Obata
The samurai of feudal Japan raised the art of swordsmanship to a level that has never been equaled. No effort was spared by these stalwart warriors in their quest for the ability, when armed with the fearsome two-handed sword, to cleave an enemy in two with a single mighty stroke. This book is a complete history in the use, techniques and development of the famous samurai sword of Japan.
Code # 547 • \$14.95



Survival on the Battlefield
Robert K. Spear
Code # 335 • \$14.95

O R D E R F O R M

Name _____

Street _____

City _____ State _____ Zip _____

Business phone _____ Home phone _____

METHOD OF PAYMENT:

☐ CHECK ☐ MONEYORDER ☐ VISA ☐ MASTERCARD

Credit card # _____ Expiration date _____

Signature _____

Qty	Code#	Name of Book	Price	Total
	5192	Advanced Balisong	12.95	
	319	Aikido-Traditional & New Tomiki Free Fighting	12.95	
	303	American Freestyle Karate	7.95	
	206	Art Of Stretching & Kicking, The	7.95	
	5191	Balisong Manual	12.95	
	421	Beyond Kicking	12.95	
	144	Bruce Lee—The Biography	12.95	
	401	Bruce Lee, The Untold Story	6.50	
	502	Bruce Lee-1 & 3 Inch Power Punch	4.95	
	222	Chinese Healing Arts	9.95	
	217	Choy Li Fut Kung-Fu	9.95	
	584	Complete Black Belt Hyung W.T.F., The	15.95	
	415	Complete Iron Palm, The	12.95	
	221	Complete Kung Fu Fighting Guide	9.95	
	5111	Complete M.A.—Vol. 1 (Hard), The	27.95	
	5101	Complete M.A.—Vol. 1 (Soft), The	19.95	
	5112	Complete MA—Vol.2 (Hard), The	27.95	
	5102	Complete M.A.—Vol. 2 (Soft), The	19.95	
	581	Complete Master's Jumping Kick, The	16.95	
	580	Complete Master's Kick, The	16.95	
	582	Complete One & Three Step Sparring, The	16.95	
	583	Complete Tae Geuk Hyung W.T.F., The	15.95	
	530	Complete Tae Kwon Do—Vol. 1, The	13.95	
	531	Complete Tae Kwon Do—Vol. 2, The	13.95	
	532	Complete Tae Kwon Do—Vol. 3, The	13.95	
	1170	Confidence: A Child's 1st Weapon	8.95	
	547	Crimson Steel	14.95	
	201	Deceptive Hands Of Wing Chun, The	6.50	
	312	Deadly Karate Blows	9.95	
	405	Dynamic Stretching & Kicking	14.95	
	209	Dynamic Strength	6.95	
	320	Essence Of Aikido	9.95	
	215	Fatal Flute	12.95	
	355	Fighting Weapons of Korean Martial Arts	9.95	
	507	Filipino Martial arts	14.95	
	525	Grappling Master	14.95	
	360	Hapkido	12.95	
	225	Hsing-I (new)	14.95	
	541	Iron Butterfly-Balisong Knife	8.95	
	420	Jean Frenette's Complete Guide to Stretching	10.95	

Qty	Code#	Name of Book	Price	Total
	506	Jeet Kune Do-Art & Philosophies	14.95	
	403	Jeet Kune Do-Enter, Trap, Grappling	14.95	
	509	JKD-Guide to Training with equipments	14.95	
	526	JKD-Kick Boxing	14.95	
	410	Jeet Kune Do-Its Concepts and Philosophies	12.95	
	528	Jun Fan-JKD Texbook	14.95	
	404	Jeet Kune Do-Vol. 2-Counterattack	12.95	
	310	Jo: The Japanese Short Staff	12.95	
	546	Kama-Okinawan Weapon	11.95	
	555	Karate Dynamics-Ukidokan System	14.95	
	323	Kenjutsu: Art of Japanese Swordsmanship	12.95	
	321	Koryu Aikido (new)	14.95	
	536	Kubotan Keychain	14.95	
	103	Kung Fu, History, Philosophy, & Techniques	14.95	
	202	Kung Fu Way of Life	7.50	
	145	Making Of "Enter The Dragon"	12.95	
	508	Man Of Contrasts	16.95	
	140	Martial Arts Around The World	12.95	
	534	Ninja Death Vow	8.95	
	105	Ninjutsu, History & Tradition	12.95	
	213	Northern Sil Lum #7, Moi Fah	8.95	
	121	Nunchaku: The Complete Training Guide	12.95	
	535	Revenge of The Shogun Ninja	8.95	
	549	Samurai Aikijutsu	14.95	
	513	Shadow Of The Ninja	8.95	
	207	Shaolin Chin Na	9.95	
	218	Shaolin Five Animals Kung Fu	9.95	
	205	Shaolin Fighting-Theories & Concepts	7.50	
	208	Shaolin Long Fist Kung Fu	12.95	
	335	Survival on the Battlefield	14.95	
	250	Tai Chi Chuan: Internal Secrets	12.95	
	125	Taijutsu: Unarmed Combat Ninja	12.95	
	5031	Tao Of Wing Chun Do—Vol. 1 Pt 1	6.95	
	108	Traditional Ninja Weapons	7.95	
	402	Training & Fighting Skills	14.95	
	406	Ultimate Kick, The	12.95	
	548	When The Going Gets Tough	8.95	
	214	Wing Chun Bil Jee	10.95	
	211	Wu Style Tai Chi Chuan	9.95	
	210	Yang Style Tai Chi	12.50	



UNIQUE PUBLICATIONS

4201 W. Vanowen Place, Burbank, California 91505, U.S.A.

ORDER BY PHONE! Call (800) 332-3330 • In California: (818) 845-2656; FAX: (818) 845-7761

Shipping and Handling Charges:

United States.: One book: \$2;
two - three books: \$3; \$.75 ea. add.
Foreign: One book: \$3; \$1 ea. add.
U.S. Funds, U.S. Bank.

SUBTOTAL

8.25% CA Sales Tax

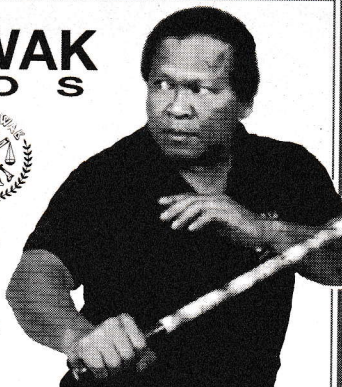
TOTAL \$\$

Prices subject to change without prior notice. Allow 4-6 weeks for personal checks. Money orders will speed orders. Sorry, no C.O.D.'s.

BALINTAWAK VIDEOS

**GRAND MASTER
BOBBY TABOADA**

Founder of Balintawak
Arnis Cuentada System



Vol. 1 Exercises, 12 Basic Strikes with Control and with Full Power, Shadow Fighting.

Vol. 2 Spectrum of Balintawak, 12 Defenses and Counters with Control and with Full Power, 12 Full Power Combination Techniques.

Vol. 3 Disarming Techniques, Stick Fighting Drills, Teaching Methods, Empty Hand Drills.

Vol. 4 Disarm Applications, Empty Hand Drills, Stick Fighting Drills.

Vol. 5 Striking Drills, Bag and Tire Training, Boxing Drills.

Vol. 6 Stick Fighting Techniques, Insights and Applications to Techniques, Empty Hand Training Methods.

\$49.95 per tape or
\$250 for all 6 tapes
plus \$3.00 per tape S & H.



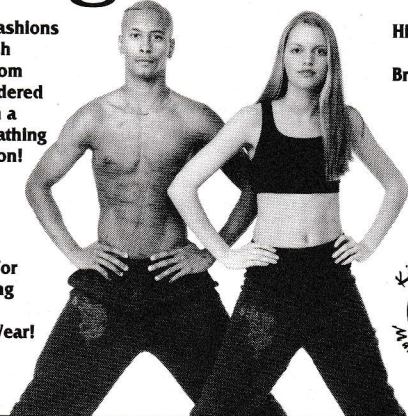
For ordering and seminar info. contact:
Irwin Carmichael (704) 392-8410
9306 Beatties Ford Rd., Huntersville, NC 28078
or Rick Mitchell (213) 487-5137

Dragon Sweats

Unique Fashions
each
Custom
Embroidered
with a
Fire Breathing
Dragon!

High Quality
Durable
Brand Name
Sweats!

Great For
Training
or
Casual Wear!



Cotton/Poly 50/50 Color - Black Multi-color Dragon. Add \$5.25 S&H. Allow 2-4 weeks Delivery.

Specify Size M, L, XL Only.

Enclose Name, Address & Phone #.

Sweatshorts \$30 ea.

Sweatshirts \$32 ea.

Sweatpants \$34 ea.

For a 17"x23" POSTER
of this Picture Send \$5.

Send Check or Money Order To:

K.D. Sportswear

P.O. Box 85810

Seattle, WA 98145-1810

206-646-1143

WOODEN DUMMIES

(MUK JONG)

Hand-Crafted to Incomparable Quality and
Made from the Finest Hardwoods in the World.

ALSO AVAILABLE

★ Portable Dummies

★ Dragon Poles

★ Instructional Videos

★ Nutritional Products

For your order or free brochure please call:

(610) 534-4962

or mail request to:

**WING CHUN ARTS
& EQUIPMENT CO.**

P.O. BOX 431, GLENOLDEN, PA19036 USA

Gao Jia Min

Continued from page 57

THE REWARDS OF DEDICATION

Gao Jia Ming started training seriously in 1980. After nine years of continued hard work, she finally won her first medal (a gold medal) at the China-Japan taijiquan competition. In 1990 she won the silver at the 11th Asian Games held in Beijing.

"Prior to that I hadn't won any place or medal. I saw many people become frustrated during those years and quit. However, I was bound and determined not to quit. I would keep going on, regardless of the outcome. Seeking deeper knowledge, and challenging myself more.

"When I stood on the stand to receive my medals, I felt so proud. I knew then, as I know now, that all my hard work was worth every minute."

In the last four years, since 1990 Gao has won an impressive 26 gold medals in National and International competition. With her sights on continuing competition, Gao assisted in coaching with her prominent mentor Zeng Nai Liang in Japan for a month in 1992.

"We traveled to nine different cities. Providing instruction for 1,760 students. The amount of people was overwhelming, but manageable. I learned more about my own abilities, but also how hard my coach Zeng Nai Liang works. Coaching is enjoyable and rewarding, and working with Zeng Nai Liang is very rewarding."

SPECIAL TRAINING

Regardless of your feelings about how martial arts should be taught or performed, there's no denying the beauty of a professional wushu athlete in motion. Gao Jia Min is certainly no exception. As a matter of fact, her kick raised above all the others when she and male counterpart national champion Chen Si Tan led a group of professionals in a performance of the 42 form at the recent 2nd World Grand Wushu Festival in Shanghai, China.

Gao explains what special training methods she has undergone that she feels has given her such deep postures and such high kicks:

"We train for our kicks in a special way. Various disciplines and sports train their athletes to raise their legs for flexibility. However, in taiji, strength and power must be behind that flexibility."

"We use sand bags wrapped on the legs. This added weight develops both the strength and flexibility needed in taijiquan.

"Splits and stance work is core, but the extra weight provides more resistance that otherwise wouldn't normally be there."

According to Gao, the sandbags are placed around the lower thigh and upper portion of the knee to develop the quadriceps. Weights are placed around the ankles, so that the ankles can take more force and shock. The ankle strength is also important in lower, more deeper postures.

"The weight is increased little by little. Repetitions are increased gradually, and the amount of time postures are held, or forms practiced with weight are increased as well. All these methods put together usually produce higher kicks and deeper postures.

MARRIAGE AND FAMILY?

When asked about the prospect of marriage and children, Gao replies, "My work is at the top of my agenda. I will not throw it away, just to get married and have children."

"I have spent so much of my time immersed in what I do. My whole life is focused in my training and competition.

"I am deeply committed to preserving and promoting wushu and related facets of Chinese culture, that to stop and focus on a family at this time is simply out of the question.

"For now I feel that competition is my primary focus, and I am interested in coaching," she maintains. "Coaching has rewards different then competition, but it is rewarding to teach and see the results of that aspect of the process."

Whatever Gao Jia Min does in the future, for now she is an extraordinary competitor and practitioner, a young, determined woman of vision who knows what it takes to be a success.

IKF

Forms Competition

Continued from page 51

warm up is important. Don't exhaust yourself. Have trial or mock meets to establish how much time you require to prep and warm up.

While warming up remember you're being watched. Always appear confident, sure and ready. It's been said that many judges pick the winners watching warm-ups. If a skill does not come off do not show emotion, don't draw attention to it. This is also true when you compete. If you make a mistake don't draw attention to it or advertise it. It may go unnoticed.

Warm-ups are also a time when competitors may be trying to psyche out their competition. Use this to your advantage if you will but don't fall prey to it. While observing another competitor, don't show emotion by dropping your jaw in disbelief. Even if they are exceptional—why give their confidence a boost. You are, after all, competitors.

If possible, after your warm up try to shower and have someone give you a light massage and/or engage in some light relaxation exercises. Soviet studies on athletes who followed this procedure showed a 20-to-30 percent improvement in their performance levels. If time permits try this procedure between events. You will notice that you will feel very refreshed and more ready to go.

Then prior to competing take the time to go somewhere away from the noise, crowds and other disturbances. Take the time to be alone. There you can quietly think to yourself, visualize, collect your thoughts, concentrate and focus on your performance. Avoid too much chit-chat, small talk and other such distractions. Just stay focused.

When your event is being contested, avoid watching the competition too closely. You are there to compete, not observe. You don't need another competitor's performance to shake up your confidence. You want your head clear to concentrate on your performance alone. The last thing you should be thinking about before going up to compete is, "How high such and such jumped" or "How fast what's-his-name was." Just focus on your performance and nothing else. If you're really interested in the other competitors, have a friend tape them. Then watch them when you don't have so much on the line.

After it's all done and you've finished your routine, whether or not you've received your scores, show no emotion. Some competitions will have the judges immediately post scores. At other events the judges may take a moment or two to tabulate. If you've received your scores, show neither elation or disappointment. If you show one or the other it could well effect how the judges score the following competitors. If you are awaiting your scores, do not show dissatisfaction with your performance. The judges may not be dissatisfied. Most important, no matter what the results, don't debase the judges. You may see them at future meets.

A good practice is to ask the judges for feedback on your performance, including strong or

weak points they may have noticed. Then go back and improve on those weaknesses and further highlight your strengths. Try to establish in your mind what qualities the judges consider important. By knowing what they are looking for, you can play to their expectations. It will be good reference for the future.

At a later date try watching video of the top competitors in your event (or top national-level competitors, if you plan to blast your way onto the national circuits). Try to figure out what they had or did that put them up there in the judges' minds. Search for their weaknesses and try to make those your future strong points.

No matter what the results, the saying, "If at first you don't succeed try, try again" applies here. Many top competitors will tell you it took them some time before they started winning on a regular basis. It may take some time for you to find that personal winning formula—training, material, prep, etc.—but if you persist, you'll be on your way to success.

IKF

Wushu Character

Continued from page 42

this way recklessness leading to injury, defeat, or in ancient times, death, would be avoided. Without bravery, though, a martial artist will be too careful or tentative and fail to make use of opportunities. Also, as with most things there is a fine balance between caution and recklessness. Being overly cautious may present a weakness to an opponent and produce a result similar to recklessness.

Wushu training under a good teacher includes encouragement and training to not only avoid carelessness but also to develop courage. For example, body conditioning that includes controlled fighting techniques can help a student recognize danger and deal with it without backing away.

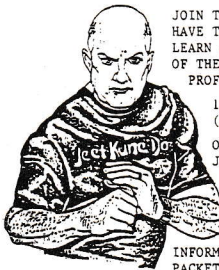
When a wushu teacher fails to emphasize moral and character development from the first moment he selects a student, the martial artist misses out on one of the greatest benefits of wushu practice—the opportunity to learn one's own values, strengths and fears, and the discipline and perseverance that can be valuable in all areas of life.

IKF

Jeet Kune Do

PROFESSOR GARY DILL

ORIGINAL JKD STUDENT (OAKLAND)



JOIN THE JKD ASSOCIATION AND HAVE THE OPPORTUNITY TO LEARN JEET KUNE DO FROM ONE OF THE ORIGINAL JKD STUDENTS, PROFESSOR GARY DILL.....

12 JKD TRAINING VIDEOS (Sold to Members Only)

OKLAHOMA TRAINING CAMPS JKD SEMINARS AVAILABLE

INSTRUCTOR TRAINING & SCHOOL CHARTERS

SERIOUS INQUIRERS SEND \$5.00 FOR INFORMATION AND APPLICATION PACKET (NO PERSONAL CHECKS)

PROFESSOR GARY DILL P.O. BOX 3396
BARTLESVILLE, OKLAHOMA 74006

Dan Inosanto Seminar

IN CENTRAL NEW YORK

— September 10 & 11 —

Don't miss this opportunity to train with this absolutely amazing Martial Arts legend.

Francis Fong Seminar

— November 12 & 13 —

Astonishing skill and energy! One of the finest Wing Chun instructors in the U.S.

FOR MORE INFORMATION CONTACT:
Kevin or Charlene Seaman

EAST WEST MARTIAL ARTS ACADEMY
83 Pomeroy Street • Cortland, NY 13045

(607) 756-4961

THE GREAT LION COMPANY



P.O. Box 47905
Atlanta, Georgia 30362
1-404-458-3719



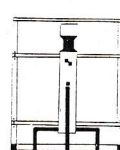
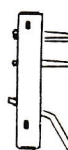
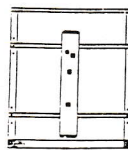
Quality Wing Chun & JKD Dummies

Solid Portable Stands

Available.

Reasonably Priced.

Call or Write for Details



- JUN FAN/JEET KUNE DO CONCEPTS
- FILIPINO MARTIAL ARTS • THAI BOXING
- MAPHILINDO SILAT • GROUND FIGHTING/GRAPPLING
- MANDE MUDA PENCAK SILAT

Quest

M A G A Z I N E

PUBLISHER/EDITOR: TERRY H. GIBSON
(FULL INSTRUCTOR UNDER GURO DAN INOSANTO)

FOR MAGAZINE INFORMATION
CALL TERRY OR CATHY GIBSON AT 1-918-627-8866

OR DROP A POSTCARD TO
GIBSON'S MARTIAL ARTS INTERNATIONAL
5455 D SOUTH MINGO
TULSA, OKLAHOMA 74146

NEW!

THE BRUCE LEE

ILLUSTRATIVE BIOGRAPHY

He was the greatest martial artist that ever lived. From the streets of Hong Kong to international superstar. Full color cover, 32 pages of black and white drawings. Format: 6 5/8 x 10 1/4


Name _____

Address _____

City _____ State _____ Zip _____

Send only \$3.50 check or money order to:
DENNIS JOHNSON PUBLISHING
211 S. State College Blvd., Suite #373
Anaheim, CA 92806

IKF



Kicking Dragon Sportswear
Special Offer!

Sports Bottles reg. \$7.50 ea.
Baseball Caps reg. \$12.50 ea.
Order **Both NOW!** - ONLY \$16.00



SPORTS BOTTLES are a big 32 oz. with convenient wide mouth for ice or mixes. Push/Pull Top.

BASEBALL CAPS are made of HIFORA, which offers a unique combination of water repellency & breathability! One size fits all.

Send Check To: **K.D. Sportswear**, P.O. Box 85810, Seattle, WA 98145-1810 • Add \$4.50 S&H

"FRESH FROM THE DRAGON'S GARDEN"
DIT-DA-JOW

COMPLETE HERBAL KITS TO MAKE ONE QUART OF YOUR OWN...

BRUISE LINIMENT	\$10.00
IRON PALM LINIMENT	\$15.00
COMPLETE CHINESE HERB CATALOG	\$ 2.00

(or FREE with order)

Send Check or Money Order to:

DRAGON'S GARDEN PRODUCTS
P.O. BOX 291120
PHELAN, CA 92329-1120

New! SOLO BREAKING BOARD HOLDER



Practice breaking boards without help!

- Lightweight, solid steel
- Mounts on masonry, wood or sheet rock
- Holds 1, 2, or 3 boards
- Adjusts vertically & horizontally
- Just \$200, plus shpgg & hndlg

To order call
1-800-597-5461

The Kirchner Hold, Inc.
8987-309 E. Tanque Verde Rd., #190
Tucson, Arizona 85749-9399

Visa/MasterCard Accepted
pat. pend.

BRUCE LEE
as
KATO

- * 1966 original color photos of Lee as Kato- "lost" for nearly 30 years- never before seen.
- * Color reproductions of original, signed "Lee/Dozier" contract and "Hornet" premiere episode script- signed by Lee.
- * For info send three 29 cent stamps to:

Cinema Treasures
18034 Ventura Blvd., #209
Encino, CA 91316

Tsui Hark

Continued from page 47

tains. "People live in small places within themselves, and they need a place to escape; lots of stuff in these films offers them the opportunity to escape. They are based on old Chinese novels and I believe there is a resurgence in these kind of stories. Love is the conceptual thing and not really the reality. But these films are also made for the Chinese audience and perhaps many Americans may not understand the significance of many scenes."

Tsui bought the traditional style lion dance to new bizarre heights of outrageousness in OUTC parts III and IV. Another recent costume action drama was the re-make of a well-known film classic, *Dragon Inn*, featuring Donnie Yen (antagonist from OUTC part II, hero in *Iron Monkey*) as the obstrusive, villainized, ever-popular in Chinese film, all-powerful eunich. Historically, eunichs are known for their great kung-fu and chi gung skills.

Tsui often uses actors that don't practice kung-fu, yet on film these novices appear to be age-old experts.

But American filmmakers exclusively use tournament fighters and champions to star in their movies. Ironically, they look like novices and don't come across well on film. The key in Tsui's films aren't the stars, but the choreographers. A point that Hollywood refuses to admit.

Tsui has only used Americans in fight scenes in one film, *The Master*, which was filmed in Los Angeles and starred Jet Li.

"Even though I hadn't seen the Americans, I was told they knew how to fight and I believe one was some sort of champion," he explains. "Well, maybe in a ring, but on screen they didn't look good, and couldn't adjust to our style of fight choreography. I enjoyed working in the States but the film just didn't work."

His latest release, *Green Snake*, is about two giant female snakes, a white one (Joey Wang) and a green one (Maggie Cheung), wanting to become human to experience the emotion of love. It is filled with spiritual anomalies, neat fight scenes and some far-out "FX" visuals. In one scene, the effect of the monk (Zhao Wen Zhou) and a "man" running across a meadow is visually captivating. Other bizarre effects include using fire as a weapon of soul unification and the emergence of a large gold dragon from the ocean and serpentine across the sky. Although Tsui wasn't happy with the dragon.

"We were hurriedly worked on this in order to finish up before the premiere," he admits. "It was more cartoonish than I had wanted. In this film we used some new computerized FX, but we had too many time constraints. The technical parts of *Green Snake* were disturbing and the results didn't come out the way we wanted."

Another recent release, *White Crane*, is about a female priest (Anita Mui) who flies around on the back of a giant white crane, attempting to save righteous swordsmen from killing each

other. One of the more memorable sequences features two musical instrument-wielding femme fatales (Mui vs. Rosamund Kwan). They stand on a ship frantically playing their instruments as the ship disintegrates under the awesome power of their instrument's shrill-sounding musical notes.

When you watch Tsui's films you'll gawk at his riveting visuals, magical displays of cold steel-slashing bewitchment, which produce lasting impressions of wide-eyed wonderment that leaves you rubbing your eyes in total awe and astonishment. The tempo of his films produces an authentic startling rush of excitement where the unabated pleasure and exhilaration of moviegoing is reborn close to its purest form—fun.

IKF

Burt Offerings

Continued from page 26

trained to flow, you often perform techniques spontaneously that you have never seen before. This is because someone may feed you with a type of energy or technique with which you are unfamiliar. Observe yourself and learn. Another way to observe new techniques is by paying attention when you, a partner, or a student make mistakes during training. Like in all experimentation, many great discoveries are made by accident.

Visualization

Here is a much-neglected aspect of training that can also be used to find new techniques. Just find a quiet place, get comfortable, and let go your imagination. Visualize different situations and see what counters come to you. Many great martial artists use this method to improve their performances and to expand upon their art. You can and should do it, too. Just like the physical art, the more you do it the better you will become.

Now that you have read this article, check yourself and see what your gut reaction is. Do you feel uneasy with the idea of experimenting and improving on the art? Do you feel like maybe you don't have the authority to do such things? If so, please remember that *you are the artist!* You are the one who will be defending yourself, so it is up to you to take responsibility for your proficiency and for the scope of your art.

Don't be satisfied with what you have received from your instructor. Your instructor was given the art at a certain level. Hopefully, that instructor improves upon it and then passes it along to you at a higher level. It is up to you to learn the art well and then improve upon it.

I think a friend and student in Erie, Pa., sums it up well. John Kalisvewski says, "A traditionalist is a person who hasn't bothered to improve upon the art."

While I strongly believe in upholding tradition, we must then take it further and create a new tradition. I feel this is the highest honor you can pay to your teacher and the arts. With proper guidance, your students will honor you in the same manner.

IKF

"THE MARTIAL ARTS FIND OF THE CENTURY!"



BRUCE LEE THE *Lost* INTERVIEW



BRUCE LEE — THE LEGENDARY MARTIAL ARTS MASTER IN HIS ONLY VIDEO INTERVIEW!



IN THIS EXTREMELY RARE FOOTAGE, LONG THOUGHT TO HAVE BEEN DESTROYED, THE INCOMPARABLE BRUCE LEE SPEAKS OUT ON:

- His personal approach to the martial arts
- The difference between fighting in tournaments and real fighting
- His philosophy of life
- His early days in the United States
- His celebrity students
- His role as "Kato" in the "The Green Hornet" TV series
- Why he lost the lead in the "Kung Fu" TV series
- The Hong Kong movie industry
- How he wanted to be remembered
- See BRUCE LEE demonstrating his incredible punching technique and Tai Chi!
- And much, much, more!

THIS IS A VIDEO THAT NO BRUCE LEE FAN CAN AFFORD TO MISS!

IN 30 SUPER-CHARGED MINUTES, YOU'LL LEARN, FIRST-HAND, WHAT IT WAS LIKE TO SPEAK WITH THE LEGENDARY BRUCE LEE — UP CLOSE AND IN PERSON!

BRUCE LEE: THE LOST INTERVIEW is also available in a special book (great photos) and on audio cassette.

SPECIAL BONUS OFFER

— THE "TRIPLE LEE" PACKAGE:

For a very limited time, if you order the exclusive "Bruce Lee: The Lost Interview" video and book, you'll also receive the collector's edition Bruce Lee: The Lost Interview audio cassette absolutely FREE!! That's a \$9.95 value at no charge to you! (But order today because quantities are limited.)

Send certified check or money order in US funds only to:

Wolff Creative Group
26500 West Agoura Road
Suite 502
Calabasas, CA 91302

Yes, I'm anxious to have this historical video tape for my personal Bruce Lee collection!

Name _____
Address _____
State _____ Zip _____

OR CALL THE TOLL-FREE 24 HOUR HOT LINE: 1-800-64-BRUCE

Please RUSH me the following items from the "Bruce Lee: The Lost Interview" Collection:

Bruce Lee: The Lost Interview Video
_____ copies @ \$39.95 \$ _____
CA res. add \$3.39 sales tax \$ _____

Bruce Lee: The Lost Interview Book
_____ copies @ \$9.95 \$ _____
CA res. add \$.85 sales tax \$ _____

Bruce Lee: The Lost Interview Audio Cassette
_____ copies @ \$9.95 \$ _____
CA res. add \$.85 sales tax \$ _____

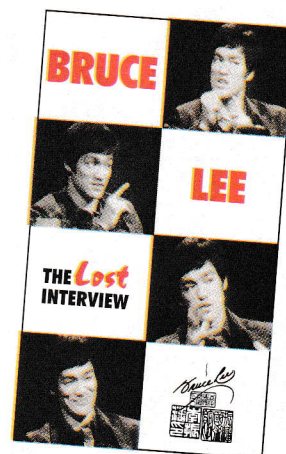
THE TRIPLE LEE PACKAGE (Video, book & tape)

_____ Triple pkgs @ \$49.95 \$ _____
CA res. add \$4.24 sales tax \$ _____

Shipping & Handling \$ _____ \$4.50 _____

Canadian & Foreign orders please add US \$10.00 \$ _____

TOTAL: \$ _____



PROTECTIVE EQUIPMENT



PRO FORCE® FULL HEADGUARD

Available in black leather or red vinyl. Laced closure with pad in back.

#8300 \$59.95 ea. (Black Leather)

#8301 \$29.95 ea. (Red Vinyl)

MOUTH GUARDS

Lightweight, extra-cushioned mouth guard conforms to fit your upper set of teeth in seconds.

Single Adult #8380 \$1.50 ea.
Single Child #8381 \$1.50 ea.
Double Adult #8379 \$2.95 ea.



MOUTH GUARD CASES

Single #8377 \$.95 ea.
Double #8378 \$1.50 ea.

PRO FORCE® FOREARM GUARD

Available in sizes child med-adult large \$9.95 pr.



SHIN GUARD

Available in child med. & large, small, medium, large and X-large.

\$7.95 pr.



SUPPORTER & CUP

Provides maximum protection. Fully ventilated. Sizing: Jr. Med. (waist 20-24) Jr. Lg. (waist 26-30) Sm. (waist 28-32) Med. (waist 34-38) Lg. (waist 40-44) XL (waist 46-50)

\$6.95 Set



MACHO DELUXE COMPETITION HEAD GUARD

Available in Black, Red and White. Sizes SMALL to XL.

\$32.95 ea.

MACHO® DYNA PUNCH

Available in Black, Red, White. Sizes: Child Med.-Adult XL.

\$27.95 pr.



JHOON RHEE BIONIC CHOP

Available in Red or Black. Sizes: Child to Adult X-Lg.

\$24.95 pr.



MACHO® DYNA KICK

Available in Black, Red, White. Sizes: Child Med.-Adult XXL.

\$27.95 pr.

\$29.95 pr. (XXL)



JHOON RHEE BIONIC KICK

Available in Red or Black. Sizes: 3-13.

\$24.95 pr.

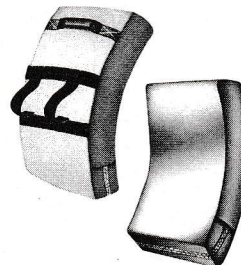
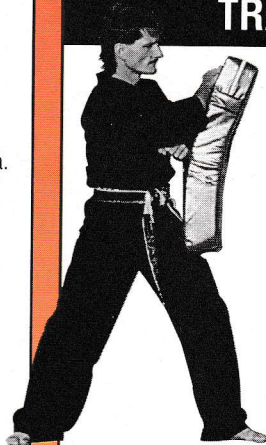


AWMA

Asian World Of Martial Arts

CALL NOW 1-800-925-AWMA OR FAX

TRAINING EQUIPMENT



FOAM SHIELDS

Made of the highest quality shock absorbent foam and covered with blue vinyl or black nylon. 26" high, 14 1/2" wide, 4 1/2" thick.

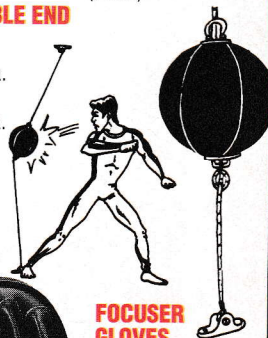
#8855 \$59.95 ea. (Blue)

#8865 \$59.95 ea. (Black)

PRO FORCE® DOUBLE END STRIKING BALL

#8850 \$59.95 ea. (Leather)

#8851 \$29.95 ea. (Vinyl)



KICK/PUNCH TARGET

#8334 \$19.95 ea. (Single)

#8349 \$34.95 ea. (Clapper)



FOCUSER GLOVES

Sold individually. 8" x 10" x 1". Available in leather or vinyl.

#8335 \$14.95 ea. (Vinyl)

#8336 \$27.95 ea. (Leather)



EVERLAST® LACELESS MARTIAL ARTS GLOVES

Combination of boxing gloves and martial arts gloves.

#828612 12oz. \$46.00 pr.

#828614 14oz. \$50.00 pr.

#828616 16oz. \$52.00 pr.

KEMPO GLOVES

Made of quality leather and canvas. Each glove weighs 9 1/2 oz. Sizes: Med, Lg. & X-Lg.

\$69.95 pr.



ADHESIVE TAPE

Non-waterproof tape for use with gauze hand wrapping

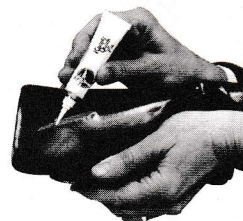
#84458 \$1.50 roll



HANDWRAPS

Zip-Lok Closure. 100% cotton washable wrapping of herringbone tape. 2" x 108".

#8955 \$6.50 pr.



KARATE QUICK FIX

Specially formulated for torn sparring gear. 1/3 oz. tube

#8219 \$6.95 ea.

Martial Arts, Inc.

YOUR ORDER TO 1-800-922-2962

BOOKS

THE COMPLETE BOOK OF

TAEKWON DO FORMS

Keith D. Yates
7th Degree Black Belt

THE COMPLETE BOOK OF TAEKWON DO FORMS

By Keith Yates
Here are the forms first presented by the I.T.F. that cover from white belt to 3rd degree black belt.

#9325 \$23.95 (180 pp.)

BLACK MEDICINE

The Dark Art of Death
N. Mashiro, Ph.D.

BLACK MEDICINE: THE DARK ART OF DEATH

By N. Mashiro, Ph.D.
The most comprehensive study of attacking the vital points of the human body.

#9315 \$12.00 (Vol. 1)

#9316 \$12.00 (Vol. 2)

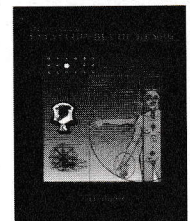
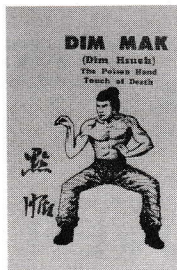
#9317 \$12.00 (Vol. 3)

DIM MAK, THE POISON HAND TOUCH OF DEATH

By James S.H. Lin
An introduction into the ancient art of the poison touch.

#9403 Basic \$8.00

#9417 Advanced \$11.00



ED PARKER'S ENCYCLOPEDIA OF KENPO

By Ed Parker
This book contains the complete comprehensive terms and definitions for American Kenpo Karate as developed by the late Ed Parker.

#9822

\$24.95

DYNAMIC AIKIDO

By Gozo Shioda
#9860 \$12.00

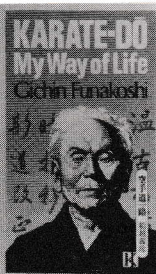
self defense 100



SELF DEFENSE 100 ONE STEP SPARRING

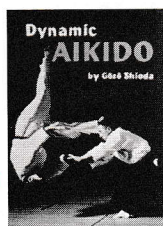
By Byung Y Kwak
Analyzes 100 basic, intermediate and advanced black belt self-defense techniques.

#9800 \$19.95



KARATE-DO

By Gichin Funakoshi
#9854 \$7.00



BLACK BELT



TAI CHI CHUAN

By Marshall Ho

#5404 \$39.95

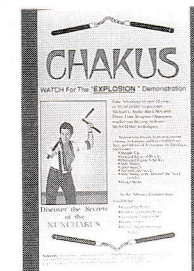
(90 min.)



SHAOLIN TEMPLE FIGHTING MONKS KUNG FU

#5239 \$49.95

(60 min.)



NUNCHAKU 1

By Michael Burke

#5141 Basic \$14.95 (30 min.)

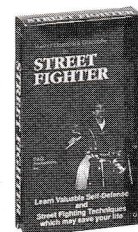
NUNCHAKUS 2 VIDEO

#5163 Kata \$19.95 (30 min.)

NUNCHAKUS 3 VIDEO

#5200 Double Nunchaku

\$19.95 (30 min.)



STREET FIGHTER

Dominick A. Giacobbe
World renowned karate master of Tang Soo Do Korean Karate
#5100 \$29.95 (60 min.)

VIDEOS

SMALL CIRCLE JUJITSU

By Wally Jay

\$49.95 ea.

VOL. 1-Learn the principles from the 72 year old Jujitsu Master, Professor Wally Jay.

#5991 (50 min.)

VOL. 2-Complete control compliance techniques are taught with emphasis of correct wrist action.

#5992 (50 min.)

VOL. 3-Basic falling and throwing techniques.

#5993 (50 min.)



THE WARRIOR WITHIN

#6047 \$14.95

(85 min.)



POWER KARATE

By Kastle

Includes warm-up exercises, basic hand and foot techniques and basic breaking. Great for beginners.

#5410 \$14.95 (30 min.)

REMY A. PRESAS

Filipino Martial Arts Master

SINGLE CANE DRILLS

#5211 \$49.95 (55 min.)

DOUBLE CANE DRILLS

#5212 \$49.95 (55 min.)

EMPTY HAND FORMS

#5213 \$49.95

(55 min.)

TRADITIONAL ARNIS

#5214 \$49.95

(55 min.)

LOCK AND CONTROL

MANEUVERS

#5215 \$49.95

(55 min.)

PALIS-PALIS

#5216 \$49.95 (55 min.)



ADVANCED COMBAT JU-JUTSU

#5322 \$49.95

(60 min.)



WOMEN'S SELF-DEFENSE

By Cliff & Jill Crandall

#6075 \$29.95

(55 min.)

KARATE

By Furnio DeMura

#5405 \$39.95

(90 min.)



THE REAL BRUCE LEE

#6046 \$14.95

(120 min.)



TRADITIONAL KOREAN TANG SOO DO FORMS

By Grandmaster Chun Sik Kim (World Champion 1970) Here are all the forms from white belt to first degree black belt as required by the International Tang Soo Do Federation.

#5210 \$59.95 (90 min.)



GRIP MASTER HAND AND FINGER EXERCISER

Made by Gripmaster. Each finger is isolated and flexed on a spring-loaded power button.

#8622 \$14.95 ea.



EXER BALLS

Hollow steel. Used to promote dexterity and strength in hands.

#8412 \$7.95 pr. (1 1/2" dia.)

#8413 \$9.95 pr. (1 3/4" dia.)

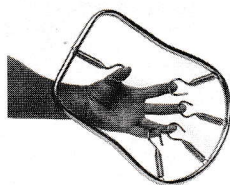
#8414 \$10.95 pr. (2" dia.)

#8416 \$12.95 pr. (2 1/4" dia.)

EAGLE CATCHER

Develop your hand strength. Chrome steel.

#8432 \$9.95 ea.



SWORDS

SAMURAI DIATO

#1980 41" Long \$89.95 ea. 440 SS Sharp
#1880 40" Long \$69.95 ea. Alum. Alloy

SAMURAI SHOTO

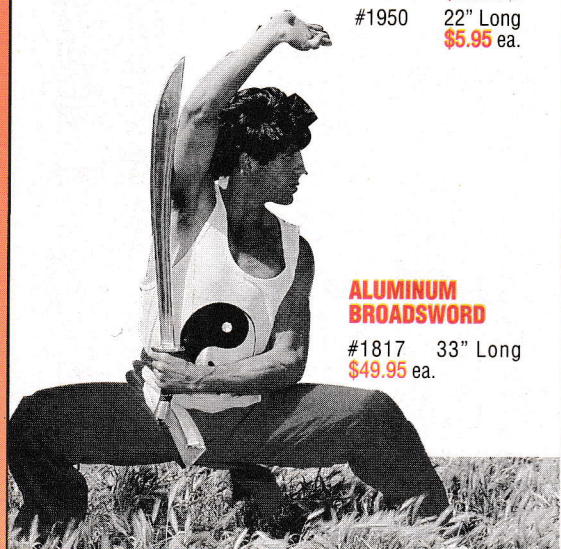
#1981 26 1/2" Long \$79.95 ea. 440 SS Sharp
#1881 28" Long \$49.95 ea. Alum. Alloy

WOODEN BOKENS

#1949 40" Long \$9.95 ea.
#1950 22" Long \$5.95 ea.

ALUMINUM BROADSWORD

#1817 33" Long \$49.95 ea.



AW
Asian World Of
CALL NOW 1-800-925-AWMA OR

WEAPONRY

ESCRIMAS

A-26" long. 1 1/4" diameter. Burned Rattan.

#1913 \$12.95 ea.

B-28" long. 1 1/4" diameter. Hollow plastic core with black foam padding.

#1917 \$9.95 ea.

C-26" X 1 1/16". Cocobolo wood, clear finish. Heavyweight.

#1171 \$24.95 ea.

D-26" Rattan plain. (Not shown)

#1912 \$23.95 pr.

PRACTICE CHUCKS

Foam padded, nylon strung, 12" nunchaku. Available in White w/black dragon, Black w/gold dragon or Black w/gold ninja.

\$3.95 pr.

TRADITIONAL NUNCHAKU

Octagon hardwood, nylon strung. Available in Natural or Black. Sizes 12" or 14".

\$6.95 pr.

AUTOMATIC BATON "TOKUSHU KEIBO"

Three sectional steel baton 20 1/2" open, 6 1/2" closed. Leather case included.

#6533 \$39.95 ea.

Nunchakus not sold to NY, MA, CA, or where prohibited by law.

OCTAGON SPEEDCHUCK™

Octagon hardwood, ball bearing swivel. Available in natural or black. Sizes: 8" minichuck™, 12" or 14".

\$12.95 pr.

COCOBOLO HEAVYWEIGHT

Our heavyweight Cocobolo hardwood is imported from South America. 20 ozs. per pair.

#1231 \$24.95 pr.

OVER 4000 ITEMS

KNIVES AND KAMAS

STEEL BLADED KAMAS

Made of quality natural hardwood with unsharpened, 6 1/2", black steel blades. 18" long, weighing 13 ozs.

#1911 \$19.95 pr.

SAMURAI TANTO

This 17" traditional samurai knife is forged from the finest 440 stainless steel.

#1349 \$59.95 ea.

DIXIE FLASH BUTTERFLY KNIVES

Stainless steel blade and ventilated handle. Two sizes available. Made in the U.S.A. 3 1/2" blade, 7 1/2" overall length or 4 1/4" blade 9" overall length. (Butterfly knives are prohibited in CA & MA)

#1395 3 1/2" \$24.95 ea.

#1396 4 1/4" \$26.95 ea.

PALM KNIVES

The handle and blades are stainless steel. Knives have one razor blade and one cutting blade. Two sizes are available.

#50008 2 1/4" blades \$5.95 ea.

#50009 3" blades \$6.95 ea.

TOURNAMENT BAGS WITH DESIGNS

DRAGON DESIGN

Black bag with bright multicolor design. 27" long x 9" wide x 13 1/2" high

#1643 \$29.95 ea.

TAE KWON DO SIDE KICK

Black with a red and white design. 24" long x 9" wide x 13 1/2" high

#1644 \$29.95 ea.

KENPO KARATE

Black with a red and white design. 24" long x 9" wide x 13 1/2" high

#1636 \$29.95 ea.

YIN AND YANG

Black with a white design. 24" long x 9" wide x 13 1/2" high

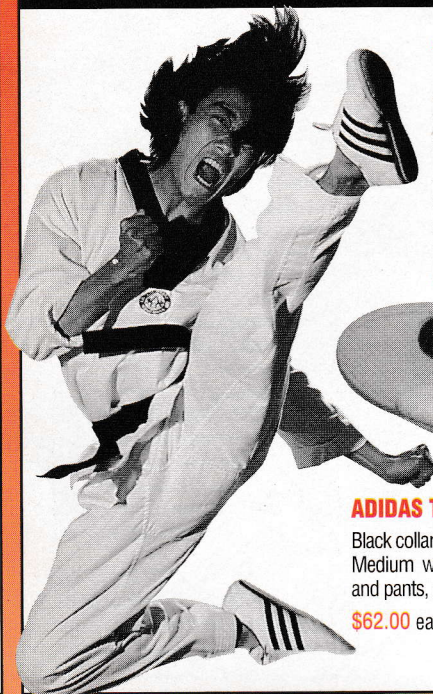
#1634 \$29.95 ea.

MA[®]

Martial Arts, Inc.

CALL YOUR ORDER TO 1-800-922-2962

MARTIAL ARTS SHOES



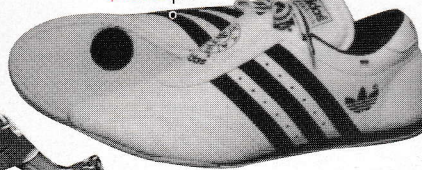
ADIDAS MARTIAL ARTS SHOES

Lightweight, yet durable, these shoes are ideal for heavy workouts or casual wear. White with black stripes or black with red stripes.

Available in youth sizes 12 & 13, regular sizes 1-3, 3 1/2 - 12 & 13.

Women order two sizes smaller.

\$49.95 pr.



ADIDAS TAE KWON DO UNIFORM

Black collar, V-Neck. WTF approved. Medium weight 8 oz. Set includes jacket and pants, no belt. Sizes 2-7.

\$62.00 ea.

ITEMS IN STOCK!

STAFFS

TOOTHPICK "KATA" TRAINING STAFFS

Hardwood natural finish 1" center diameter tapering to 1/2" diameter ends.

#1903	50"	\$19.95 ea.
#1904	60"	\$21.95 ea.
#1914	72"	\$25.95 ea.

BOOKS



KARATE-DO KYOHAN

By Gichin Funakoshi
Hardcover. 256pp.
#9852 \$35.00

INFINITE INSIGHTS INTO KENPO VOL 1: MENTAL STIMULATION

By Ed Parker
#9616
\$8.95



A BOOK OF FIVE RINGS



A BOOK OF FIVE RINGS

By Miyamoto Musashi
#9892 \$10.95 (Softcover)
#9300 \$16.95 (Hardcover)

THE ORIGINAL MARTIAL ARTS ENCYCLOPEDIA

By John Corcoran and Emil Farkas
#9376
\$24.95



SAI AND SAI CASES



DELUXE OCTAGON SAI

Black or chrome finish.
Available sizes: 15", 18" 19 1/2", 21 1/2"
\$39.95 pr.

SAI CASE

Heavy-duty, black vinyl, zippered case with red felt lining. Holds two sai up to 21 1/2" long.
#1855 \$12.95 ea.



WHOLESALE
PRICES ARE
AVAILABLE

ASIAN WORLD OF MARTIAL ARTS, INC. DEPT. IKF

917-21 ARCH STREET, PHILADELPHIA, PA 19107-2477 USA
215-925-1161 • 1-800-345-AWMA • (FAX) 215-925-1194

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

TELEPHONE _____

CREDIT CARD BEING USED

☐ DISCOVER ☐ VISA ☐ MASTER CARD ☐ AMEX

SIGNATURE AS IT APPEARS ON CARD _____

BANK NAME _____

EXPIRATION DATE _____

CARD NUMBER _____

KNIVES & MARTIAL ARTS SELF DEFENSE TRAINING EQUIPMENT WILL NOT BE SOLD TO MINORS OR WHERE PROHIBITED BY LAW. AGE & SIGNATURE REQUIRED.

AGE _____

SIGNATURE _____

- ▶ PRICES SUBJECT TO CHANGE WITHOUT NOTICE.
- ▶ PAY BY CHECK, MONEY ORDER OR CREDIT CARD
- ▶ ORDERS PAID BY PERSONAL CHECK WILL BE DELAYED 21 DAYS
- ▶ SORRY NO C.O.D. ORDERS
- ▶ FOREIGN ORDERS ACCEPTED, U.S. CURRENCY ONLY Add \$25.00
- ▶ ADDITIONAL SHIPPING FOR CANADA RESIDENTS, ADD \$15.00
- ▶ AK, HI, PR, AND U.S. V.I. ADD \$10.00
- ▶ ATTENTION NEW YORK RESIDENTS: THE SALE OF WEAPONS WILL NOT BE MADE TO MALES UNDER 16 YEARS OLD AND FEMALES UNDER 17 YEARS OLD.

STOCK#	QNTY	DESCRIPTION	PRICE	SUB-TOTAL

MERCHANDISE TOTAL = \$

SHIPPING & HANDLING +\$5.00

(USE LIST ABOVE) ADDITIONAL SHIPPING +\$

(ADD 3 LINES ABOVE) SUB TOTAL = \$

(PA RESIDENTS ONLY) 7% SALES TAX +\$

TOTAL +\$

CREDIT & DEDUCTIONS -\$

ORDER TOTAL = \$



Call today and place
an order and we'll
send you FREE* our
212 page
1994 Catalog

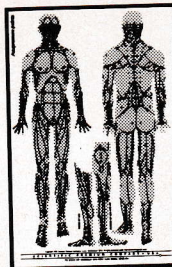
*Minimum order \$10.00



★ Move objects with Chi Power without touching them ★ Move an object with your eyes only ★ Extinguish a candle flame with your eyes only ★ For speed faster than a cat, try this test! ★ Lift a bowl of water with Yin Chi ★ Learn how to make "select" breaks ★ Ring the chimes with a Yang Chi throw ★ Repel birds, dogs, with your eyes only ★ Quickly disable your enemy with Pressure Points ★ Erase pain completely with Pressure Points

Beautiful color poster,
14 1/2" W x 22 1/4" H
Instructions are printed separately

Pressure Points



©SPC•USA

PHONE
YOUR ORDER:
1-800-334-7353
OR 1-513-422-8166
\$4 Extra Charge For Fast C.O.D.
No Credit Cards Accepted.

Master the power:

FOR MOST, IT WORKS THE FIRST DAY; BUT IF YOU NEED HELP, PHONE US TOLL FREE.

Scientific Premium Company• U.S.A. instructs you how to develop Chi Power. We give you simple, easy to follow instructions of how to do it. You will be able to do all of the above, and much more.

We believe no one (outside of our staff and students) in the entire world knows all the secrets shown in these wonderful Charts. Almost anyone can do them. It will not take years to learn. Most students can do them the very first day. We assure you that you CAN do most of them. And after a bit of practice, you can do them all. Even a child can do them!

Your body is powered by electrical energy, called Chi (chee or kee). Yin Chi (negative ions) will draw an object to you. It is a force of gravity. Yang Chi (positive ions) pushes objects away. It is a force of antigravity. Yang Chi is the ion shield that helps protect your body and powers your strikes in battle.

The power described in these Charts proves you are a human and not an animal (regardless of what you may have been taught). God made you a master of animals. You also have the power to completely erase pain with a touch of your hands. Both Charts are like double-edged swords. They can heal or they can wound. Like a sharp knife, YOU determine their use. Despite what some may teach, these powers pose NO DANGER TO YOUR HEALTH. You will learn exceptional control over your body. This is lifetime knowledge that can greatly enhance your life quality.

Chi Chart includes a beautiful 14-1/2" x 22-1/4" Poster. It is a Chi Power Chart of the Internal Organs™. The printed instructions can help you visualize these organs in their correct locations, for the purpose of increasing your internal strength. You will learn the art of focus to direct your Chi to any part of your body, or as an extension of your arms with a weapon. Your accuracy will increase, because God will direct your aim. You will feel heat in your hands, or they will begin to tingle as you build your power.

A PROTECTIVE SHIELD:

You can use Chi techniques to harden your body for personal protection. You can actually create a protective ion shield around your body.

KICK OR HIT WITH CHI POWER: SPC•USA tells you how to

direct your Chi to your foot, to increase your kicking power. Or direct your Chi for a powerful hand strike that can instantly disable your opponent. Power that is used by top professionals can now be yours. This power can become one of your personal defense tools.

ALSO: SPC•USA instructions tell you how to see through your "third eye". You may see colors dance before you. You may see **visions** that are meant especially for you.

This is the way prophets of old saw the visions.

SPC•USA CHI PLUS CHART
\$47.95 + \$3.00 P&H = \$50.95

Contains heavy duty Chi Power Poster, Chi Power Plus Booklet with recording instructions, and New Audio Demonstration Tape with Joshua Jericho Shout, plus instructions of how to create a Chi Power Voice. This Chart will teach you and your family the art of focus and how to build Chi Power. It describes secret methods used to perform the techniques mentioned above. Because the Chi Power is a very private family exercise, the voice you will record should be yours or your spouse's. You listen best to your own voice.

SPC•USA PRESSURE POINTS

Learn what the pro's have been using for years. Discover new power through the use of pressure points. Your power will increase because you will be using your opponent's own body against him. The pressure points when hit get immediate results. Why waste your strength hitting your enemy in areas that will not disable?

Have you ever wondered how a small person is able to overcome a large person? Using the SPC•USA Pressure Point Chart as a guide, one sharp blow can temporarily disable a person. Your ability to win should increase dramatically. By using these body pressure points, you will gain hidden power to protect yourself and others from sudden harm.

You have about 20 seconds or less in most street fights. Make them count to YOUR advantage with less likelihood of causing permanent or fatal injury. It's amazing what one sharp well-placed strike can do to disable your enemy. **ALSO:** Simple pain erasure instructions can tell you how to erase most every type of pain with a

touch of your hands. Even the terrible backache or knee ache can be cured with a few simple treatments. No drugs, surgery, needles, or ice are used. This is the very latest technology in medical treatment. It is not the same as ordinary acupressure that relies on meridians. This method works every time on everyone. There is nothing more effective anywhere at any cost! And it can be used anywhere. No special equipment required. This, too, is your vital lifetime knowledge for pain free survival. **ALSO:** You can learn new method to increase your **CHINESE OR AMERICAN SPLITS**. This unusual stretching technique will permit much greater stretches than you may think, without equipment! This secret technique is worth the cost of the Chart! You will be amazed at what you can do!

PRESSURE POINT CHART
\$29.95 + \$3.00 P&H = \$32.95

Includes heavy duty Poster with Strike Points, plus Pain Erasure and Stretching Instructions Booklet. It's more than you expect!

NOTE FOR ALL PRODUCTS:

Order both at once and save \$3.00 P&H. Ohio orders add 5.5% sales tax. Orders from foreign countries must prepay in U.S. dollars with bank money order and add \$1.00 extra for special handling.

WORLDWIDE GUARANTEE

SPC•USA products will change your life! Test them for up to 90 days. If you are not fully satisfied with any SPC•USA product, return it for a prompt refund. All sales and all conversations are held in close secrecy. Accept no substitutes! SPC•USA products are all international copyright protected. The products are delivered via Air Mail in a First Class triangular tube.

PHONE 1 800 334-7353
FOR FAST C.O.D. DELIVERY

No Credit Cards accepted. \$4.00 Extra Charge for C.O.D. No C.O.D.'s to foreign countries, APO's or FPO's. Post Office now accepts other money orders or checks. If you pay cash, the Post Office will add \$.75 for their M.O. **Mail Check or Money Order in U.S. Dollars to:**

SPC•USA
Dept. FU
P.O. Drawer 10
Middletown, OH 45042-0010

5th Son Staff

Continued from page 76

stability. This movement, combined with a straight body torque, solidifies and snaps the end third of the staff into its target. Acquisition of proper structure and power is developed through the practice of *gwun lu* (staff lines) training in which one uses mantis footwork with the repetition of a single movement to perfect those skills.

Second on the agenda of mastering ng long gwun is learning the combative usages of the northern staff. The practice of liang yan ling gwun (two-man staff understanding) introduces to the student the practical application of the staff against another long weapon, such as another staff, spear, or halberd. This process requires training each element of the form with a partner. By repeating a single application with an opposing long weapon, the student inherits a natural ability to react to an attack. A further step involves roll playing where two partners engage in staff sparring at a reduced speed.

THE FORM

The staff is the first weapon taught to the student of 7-star praying mantis kung-fu. It is constructed of sanded rattan and is thin enough to allow the stick to have a slight wobble when used during the form. As a side note, 7-star mantis contains a northern long pole form using a weapon that is made from hardwood and is generally about eight feet long.

The form is divided into two sections—the "upper" and "lower" route. Performed together, these two sections create a lengthy set. Unfortunately, only an isolated number of people still practice the ng long gwun form today. In fact, many who do teach the form only know the first section. Those who can trace their lineage through Wong Hon Fun, the "Mantis King", are generally those who still offer instruction in the techniques and principles of the entire ng long gwun form.

A distinguishable characteristic about the praying mantis staff form is that every movement has two uses; each technique can act as a strike or a block. A movement unusual to other styles contained in ng long gwun is the use of the staff in conjunction with a straight punch; the practitioner uses his staff to clear away an oncoming weapon, tucks the staff under the arm, and punches with the opposite hand.

Created in the halls of the Shaolin Temple, the methods of staff fighting have been carefully preserved by each generation in the northern shaolin 7-star praying mantis family. Done properly, the staff techniques of ng long gwun can prove to be a valuable asset to your training and growth in the Chinese martial arts. For the serious student of 7-star mantis, understanding ng long gwun will provide the foundation for advanced weapons knowledge and mastery.

IKF

The Savage Power of LEG ATTACKS

By **Bill Shaw**

How to Easily Drop a Man in Under 1 Second, With Just a Single Hit!

ARE YOU MISSING OUT on the most effective fighting tactic there is? What would you do IF: Your attacker just ignored your hits to his face? He kept getting up from your throws or knockdowns? Your kicks seemed to just bounce off? What if this guy was the meanest "Son-of-a-..." in the valley?

NOW, HOW WOULD YOU FEEL if you could easily take out over half of the Black Belts in the nation? Would you like to TRIPLE your Fighting Effectiveness in just WEEKS instead of years? What if you knew the secrets to Instant, Lightning Fast, Bone Crushing, Laser Accurate, Reactions? If you desire these, then the next few moments it takes to read what follows may be the most important of your entire martial arts career.

Hi-Impact Training is pleased to present Bill Shaw's new "Best Selling" program on "LEG ATTACKS". Finally, a comprehensive presentation of these little known yet devastatingly effective fighting tactics that until now, continued to linger in the shrouds of guarded secrecy.

★ FROM THE BEST: ★

**Jeet Kune Do, Ju-Jitsu
Han Foo Wa, Wing Chun
Muay Thai, & Many Others**

As one of the nations leading instructors of combined fighting arts, Mr. Shaw makes it all very easy to understand. He will show you how amazingly simple it is to develop awesome skills that will surprise you, wow your friends and impress your instructor.

POWERFUL ADVANTAGE

Imagine the abrupt, enlightening sight of seeing a National Champion stopped in his tracks, or a 5th degree Black Belt cut off at the knees with simple leg attack tactics by smaller and less experienced fighters.

Very few martial artists even have a practical awareness of leg attacks, much less a working knowledge. In fact, the most effective of these tactics are either: UNKNOWN, RESTRICTED or FORBIDDEN in nearly every school, not to mention BANNED from virtually all competitions. To anyone unprepared - it's a surprise! It catches them off guard and vulnerable.

"... A Martial Artists Most Effective

Offense - as Well as Defense."
KARATE ILLUSTRATED magazine

"... An Effective Way to Control an Opponent."

INSIDE KUNG-FU magazine

IN A REAL FIGHT

We're talking about being up against gang violence, a seasoned street fighter, a brawler, or even one of the "bad guy" martial artists out there. When we say "LEG ATTACKS" we don't just mean round kicks to outer thigh. We mean, the full spectrum of the subject. Things like the single shot, joint demolishing, nerve blasting, muscle smashing - Destruction. The kind that puts a man down and keeps him there, whimpering helplessly, in painful paralyzing agony!

This is the kind of stuff you need when the stakes are for real and lives hang in the balance. This isn't the time for "1-Step" mentality or tournament strategies. You're gonna need something DEPENDABLE that

Due to the serious nature of this program

YOU MUST BE OVER 18

WORKS for REAL, is BRUTALLY EFFECTIVE and has the DEMOLISHING POWER to STOP a LETHAL ASSAULT!

This program really zeros in on the powerful "works for Real" Stuff! Once you experience the *Rapid Progress and Empowering Insights*, you'll know it's the **Best Martial Arts Move** you ever made. Now, you can train your Body to **Fight Like a Warrior** and your Mind to **Think Like a Master!**

RECOMMENDED By The WORLD'S BEST

★ **MIKE STONE** The Legend. Karate's Greatest Fighter and "Undefeated World Champion". "Bill Shaw's tapes are some of the best martial arts videos I've seen. The sheer volume of information is a bargain. I highly Recommend his tapes to anyone, regardless of their level of proficiency."

★ **PAT JOHNSON** 9th degree Black Belt. Head of the National Tang Soo Do Congress "Just as I would expect from Bill Shaw, the techniques in his videos are outstanding! ... His videos have earned my high recommendation."

★ **STEVE GOLDEN** Personal Bruce Lee Student & Top Jeet Kune Do Instructor. "I'm impressed. Bill Shaw's tapes are excellent! With his extremely high level of skill and understanding he presents practical and realistic applications of many little known concepts."

★ **EARNEST HART Jr.** 4 Time World Kickboxing Champion "Bill Shaw is an Instructor for the 90's. With his vast knowledge in the various arts, he gives great insight to anyone wishing to enhance their martial arts abilities. His tapes are a MUST!"

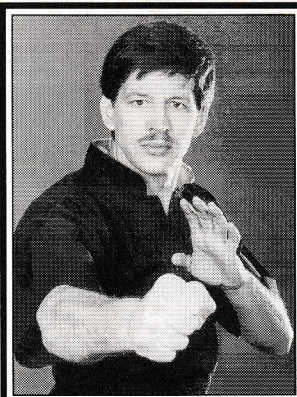
LEARN ALL THIS

- ✓ Hitting for Maximum Effect!
- ✓ 5 Best Times for Leg Attacks!
- ✓ Breaking & Injuring the Legs!
- ✓ Leg Traps, Checks & Blocks!
- ✓ 10 Nerve Point Attacks!
- ✓ Leg Locks & Holds that Work!
- ✓ 30 Leg Strikes, Hits & Kicks!
- ✓ Developing Instant Reactions!
- ✓ How to Drop a Man & STAY Out of His Reach!
- ✓ 10 Sweeps, Reaps, & Throws!
- ✓ Influence His Subconscious With a Fear to Kick!
- ✓ Blending With Other Skills!
- ✓ 3 Things You Must Never Do When Attacking the Legs!
- ✓ Secrets of Rapid Mastery!
- ✓ Bones That Break Easiest!
- ✓ Evade Attacks to Your Legs!
- ✓ How to Develop Your Own "Secret" Techniques!
- And Much, Much More...**

You don't need years of training and you don't need to be a flexible high kicker. You don't even need to be fast or strong. But you do need belief in yourself, desire to learn the best and enough courage to act on your instincts and **Order This Program Today!**

LIMITED OFFER!

OK, here's the deal. If you've read this far, then you clearly understand the fantastic power of this program. In a single video you



- ★ Founder of Han Foo Wa Fighting Arts
- ★ 3 Time Instructor of The Year nominee
- ★ Top 10 Rated Black Belt Fighter
- ★ Kung-Fu Hall of Fame nominee
- ★ Author of Numerous Instructional Articles for: Black Belt, Inside Kung-Fu & Karate Illustrated
- ★ MOVIE Appearances: *Shootfighter*, *Teenage Mutant Ninja Turtles III*

get the results of over 25 years of exclusive secrets and privileged information. This value has been a "Best Selling" Bargain at \$79.95. Now, we've slashed the price in Half to **ONLY \$39.95!** But **Only for 30 Days** and **ONLY** in this ad.

FREE \$80 BONUS

Order within the next 14 days, and get another \$80 Program, **FREE**. This volume of "Slick Tricks & Wicked Moves", reveals Fighting Secrets & Methods that are seldom seen and rarely (if ever) taught!

LEARN ALL THIS AS A BONUS:

- ✓ Snap His Arm & Fling Him Away!
- ✓ 12 Takedowns and Throws!
- ✓ The Awesome "Sword Kick"!
- ✓ Control Your Opponent With 1 Finger!
- ✓ 12 Joint Locks and Breaks!
- ✓ The Torquing, Face Smash to the Ground!
- ✓ Common Training Errors That Render Your Skills Useless! & How to Correct Them!
- ✓ 25 Escapes For Holds, Chokes & Grabs!
- ✓ A Pressure Point That Stops Breathing!
- ✓ Penetrating a Blocking Defense!
- ✓ Controlling Opponents Mind & Thinking!
- ✓ 10 Nerve Centers & Pressure Points!
- ✓ Short Stroke Hitting with Speed & Power!

JUST SO YOU'LL KNOW!

Why would we give away a \$160.00 Value for **ONLY \$39.95?** Well, first, we truly want you to have all these defense advantages as soon as possible. Then, when your ready for more, guess where you'll turn? No, not out of gratitude or obligation, but because **We've Got What You Want and You'll Know It!**

ORDER TODAY!

Orders are Sent
"2nd Day Delivery"

- ☐ Yes, rush me "Attacking the Legs" I'm ordering within 30 days and enclosing the special price of **Only \$39.95** plus \$5 S&H.
- ☐ I'm ordering within 14 days, so please include my \$80 **FREE Bonus Program**.
- ☐ I am over 18 and will use this knowledge only in the most honorable manner.

Name _____
Add. _____
City _____
State _____ Zip _____ Age _____
Art _____ Rank _____
Yrs. _____ Phone _____

Send Check or Money Order To:



Hi-Impact Training

8002 N.E. Hwy. 99 - 254
Vancouver, WA 98665



1 (800) 824-3710



© 1993 HIT

DIRECTORY

Listed below are some of the finest martial arts schools in the world. For information on how to be listed, write: INSIDE KUNG-FU, 4201 Vanowen Place, Burbank, CA 91505 or call (818) 845-2656.

ALABAMA

HUNTSVILLE
Academy of Chinese Martial Arts
701 Clinton Ave. W., 35811
(205) 726-2818, Inst. John Chan,
Dalton Davis
Professor Chi's Tai-Chi Club
(205) 859-3130, Inst. Kuan-Wen Chi

CALIFORNIA

ALTADENA
Altadena Kali, JKD,
Muai Thai Academy
2395 N. Lake Ave., 91010
(818) 798-8349, Inst. Phil Rapagna

ANAHEIM
So. California Wing Chun
Academy
2653 W. Stanley Ave.
(714) 827-8829, Inst. Jerry McKinley

BARONA/LAKESIDE
Professor Chow's Chinese
Kara-Ho Kempo Karate
(619) 390-8577, Sensei Rob Arellano

BEVERLY HILLS
Asia Arts Kung-Fu
(213) 913-2532

CAMP PENDLETON/OCEANSIDE
Professor Chow's Chinese
Kara-Ho Kempo Karate
(619) 443-2611, Sensei Al C. Parker

CORONADO
Professor Chow's Chinese
Kara-Ho Kempo Karate
(619) 463-0771, Sensei Jim Sullivan

CYPRESS
Professor Chow's Chinese
Kara-Ho Kempo Karate
(714) 562-8765
Sensei Chris Diammango

DAILY CITY
Ralph Castro Shaolin Kenpo
69 Washington St., 94014
(415) 755-8996

EL CAJON
Kung Fu San Soo
335 W. Main St., 92020
(619) 588-2477
Inst. David M. Dowell
Professor Chow's Chinese
Kara-Ho Kempo Karate
(619) 443-2611
Inst. Grandmaster Sam Kuoha

FRESNO
Choy Lee Fut Federation USA
4007 N. Marks #101, 93722
(203) 226-4055, Master Fred Spencer
John Cho's Kung-Fu School
2435 N. Fresno St. 93703
(209) 225-9796, Inst. Sifu John Cho

HERMOSA BEACH
South Bay Kung Fu Club
1014 Aviation Blvd., 90254
(310) 374-1699

LAKESIDE
Professor Chow's Chinese
Kara-Ho Kempo Karate
(619) 443-5229
Sensei Ben Kahanonui

LOMITA
Shaolin Temple Kung-Fu
Tai Mantis Association
24606 Narbonne Ave., 90717
(310) 539-1374
Inst. Manuel Marquez

LOS ANGELES
Chinatown "Boxer Rebellion"
Jun Fan Memorial Institute
Kali, JKD & Kickboxing
936 Mei Ling Way, 90012
(818) 596-2059, Inst. Mark Stewart
So. Calif. Martial Arts Assoc.
5011 York Blvd., 90041
(213) 254-2432, Sensei Michael Pecina
Wen-Mei Yu's Tai-Chi and
Chi-Kung
3710 Los Feliz Blvd. #33, 90027
(213) 665-2115, Inst. Wen-Mei Yu

MARINA DEL REY
Jeet Kune Do Unlimited
13428 Moxella Ave., #392, 90292-
5671, (310) 984-8372
Inst. Burton Richardson

MISSION VALLEY
Professor Chow's Chinese
Kara-Ho Kempo Karate
(619) 443-2611, Sensei Dan Mergens

NORTHDRIDGE
Douglas Wong's Sil Lum
Kung-Fu School
19641 Porthenia St., Ste A-1
(818) 993-WONG
Sifu Douglas Wong

OCEANSIDE
Professor Chow's Chinese
Kara-Ho Kempo Karate
(619) 430-7904
Inst. Sensei Al C. Parker

PACIFIC BEACH

Professor Chow's Chinese
Kara-Ho Kempo Karate
(619) 463-0771, Sensei Dan Mergens

PASADENA
Professor Chow's Chinese
Kara-Ho Kempo Karate
(818) 791-7254, Sensei Sam Estrada
Wah Lum Kung-Fu
Pasadena YMCA
2750 New York Dr., 91107
(818) 284-0941
Inst. Kenneth Edwards

PLACENTIA

Nine Little Heaven
Internal Kung-Fu
1829 N. Kraemer Blvd., 92670
(714) 528-9494, Sifu James McNeil

REDDING-RED BLUFF
Professor Chow's Chinese
Kara-Ho Kempo Karate
(916) 527-5752, Sensei Mike Swensen

SACRAMENTO

Latosa-Escrima (Rene Latosa)
P.O. Box 214433, 95821
(916) 972-9958
Professor Chow's Chinese
Kara-Ho Kempo Karate
(916) 527-5752, Sensei Mike Swensen
and Maria Hernandez
Sacramento Wing Chun
Kung Fu Assn.
7039 South Land Park Dr., 95831
(916) 424-4710
Inst. Sifu Eddie Chong

SAN DIEGO

Professor Chow's Chinese
Kara-Ho Kempo Karate
(619) 443-2611
Sensei Kerry Sageman

SANTA MONICA
Chinese Life Force Institute
P.O. Box 1645, 90406
(310) 394-6073
Master Daniel Y. Wang

STUDIO CITY

Jian-Mei Internal Martial Arts
10987 Bluffs Dr. #4301, 91604
(818) 753-1338, Inst. Wen-Mei Yu

TORRANCE

Southbay Academy of Indonesian
Martial Arts (Pencak Silat)
2310 Redondo Beach Blvd., 90504
(310) 538-8327
Inst. Guru Besar Arthur P.F. Rhenrev

WESTMINSTER
Phil Hall Martial Arts Supply
6427 Westminster Blvd., 92683
(714) 898-4545

WINDSOR

Latosa Escrima
P.O. Box 651, 95492
(707) 836-0614, Rene Latosa

COLORADO

DENVER
Tigran LTD
2037 S. Federal, 80219
DENVER/FT. COLLINS
Professor Chow's Chinese
Kara-Ho Kempo Karate
(303) 244-3750/686-2464,
Sensei Chris Mendoza

CONNECTICUT

WATERBURY
Practical Self Defense
Training Center
663 Lakewood Rd., 06722
(203) 596-9073, Inst. Ron Kosakowski

DELAWARE

BEAR
Shao-Lin Sun Kung Fu School
Fairwinds Shopping Center, Suite 101
707 Pulaski Way, 19701
(302) 322-9820, Inst. Brian Gray

FLORIDA

CAPE CORAL
Professor Chow's Chinese
Kara-Ho Kempo Karate
(813) 458-5371
Sensei Steve Rutkowski

FORT LAUDERDALE
Lee Koon Hung's Choy Lay Fut
Kung Fu Assn.
5365 N. State Road 7, 33319
(305) 730-3688
Master Lee Koon Hung

MERRITT ISLAND

Wah Lum Health Center
275 Magnolia Ave., #1 32952
(407) 452-8511, Tom Hoase

MIAMI

Kung Fu Connection
706 N.E. 125th St. 33161
(305) 895-8326

N. MIAMI

Kung Fu Connection
706 N.E. 125th St., 33161
(305) 895-8326

NAPLES

Philippine Martial Arts Academy
5400 Taylor Rd. #106, 33942
(813) 592-1616 or (813) 775-7652
Inst. Grandmaster Bo Sayoc

ORLANDO
East Coast Martial Arts
1646 E. Colonial, 32803
(407) 896-2487

GEORGIA

AUGUSTA
Professor Chow's Chinese
Kara-Ho Kempo Karate
(706) 860-5428, Sensei Ted Kiegiel

DUNWOODY
Dave Young's Word Class Karate
And Martial Arts Academy
5400 Chamblee-Dunwoody Rd., 30338
(404) 394-5425, Inst. David Young

IDAH0

BURLEY
Professor Chow's Chinese
Kara-Ho Kempo Karate
(208) 678-0894
Sensei Cheryl (Kuoha) Lara

ILLINOIS

CHICAGO
American Chi Kung
Instructors Association
474 N. Lake Shore Drive
Suite 3905, 60611
(312) 661-1414, (800) 864-2133
Master Gary J. Clyman
Hyde Park Martial Arts Academy
5307 S. Hyde Park Blvd., 60615
(312) 643-2885, Insts. Phil Giaplan,
Darius Clemons

GLENVIEW
Northshore Wing Chun Kung Fu
600 Waukegan Rd., Suite 8,
60025-4308; (708) 724-0233,
Inst. Tony Kariotis

LOUISIANA

NEW ORLEANS
Professor Chow's Chinese
Kara-Ho Kempo Karate
(504) 484-6948
Sensei Rick Langenstein

MARYLAND

BALTIMORE
Goh's Kung-Fu
6315 Hartford Rd., 21214
(301) 426-5515

RANDALLSTOWN
Goh's Kung-Fu
6315 Hartford Rd., 21214
(301) 444-6666

TOWSON

Chinese Kung-Fu Institute
8801 Orchard Tree Ln. 21204
(301) 823-8818
Sifu Chien Liang Huang

MASSACHUSETTS

AUBURN
Nick Cerio's Kenpo
62 Auburn Street, 01507
(508) 832-7741
Sensei Jake Berthoume

DRACUT
Nick Cerio's Kenpo
145 Broadway Road, 01826
(508) 459-8566
Sensei George Thibault

EVERETT

Nick Cerio's Kenpo
453 Broadway, 02149
(617) 389-9730, Sensei Bill Powers

FRAMINGHAM
Nick Cerio's Kenpo
885 Waverly Street, 01701
(508) 879-6494, Sensei Craig Seavey

HUDSON

Nick Cerio's Kenpo
312 Main Street, 01749
(508) 568-1002
Sensei Doug MacDonald

LITTLETON

Nick Cerio's Kenpo
21 Laurel Road, P.O. Box 5, 01460
(508) 952-2666, Sensei John James

MALDEN

Nick Cerio's Kenpo
525 Main Street, 02148
(617) 397-8090, Sihan Joseph Nesto

MILTON

Nick Cerio's Kenpo
60 Addams Street, 02186, (617) 698-
0097, Sensei Rich Moran
Sensei Mark Golden

PLAINVILLE

Nick Cerio's Kenpo
2 Man Mar Drive, 02762
(508) 695-9178, Sensei Maryann
Weeden, Sensei Kat Skarpas

SOMERSET

Nick Cerio's Kenpo
Indian Spring Plaza
3035 County Street, 02726
(508) 677-1423, Sensei Tom Hetu

SPENCER

Nick Cerio's Kenpo
124 Main Street, 01562
(508) 885-6833, Sensei Paul Mayo

STONEHAM/BOSTON
Professor Chow's Chinese
Kara-Ho Kempo Karate
(617) 438-7094, Sensei Bruce Titcomb

WORCESTER

Nick Cerio's Kenpo
12 East Worcester Street, 01604
(508) 754-6362
Sensei Jake Berthoume
Nick Cerio's Kenpo
338 Granite Street, 01607
(508) 792-9399, Sensei Ray Erlandson

MICHIGAN

TRAVERSE CITY
Kung-Fu San Soo
1777-B S. Garfield, 49684
(616) 935-4488, Sifu Thomas F. Akers

MISSISSIPPI

BRAXTON
Wing Chun Kung-Fu of
Mississippi
P.O. Box 214, 39044
(800) 858-4483, Inst. Robert Anthony

MISSOURI

LOUISIANA
Woodland Martial Arts
Kung-Fu Center
312 Georgia St., 63353
(314) 754-6738, Sifu J. Craig

MONTANA

BILLINGS
Professor Chow's Chinese
Kara-Ho Kempo Karate
(406) 656-8331, Sensei Rod Martens

NEW JERSEY

BAYVILLE
Professor Chow's Chinese
Kara-Ho Kempo Karate
(908) 269-6320, Sensei Harry Beyer

BOUND BROOK
Yee's Hung Ga Kung Fu Assoc.
528 W. Union Ave., 08805
(908) 271-9222, Master Frank Yee,
Sifu Tom Grant

CLIFTON

Yee's Hung Ga Kung Fu Academy
68 Union Ave., 07011
(201) 772-8988, Sifu Pedro Cepero

HIGHLAND LAKES
Chen's Snake Fist Kung Fu Assoc.
Headquarters: P.O. Box 917, 07422
(201) 764-0349, Jo Si Rondie Chen

HIGHTSTOWN

Shaolin Kung Fu Institute
106 Mercer St., 08520
(609) 448-2424, Inst. Rex McCoy

MANAHAWKIN
Professor Chow's Chinese
Kara-Ho Kempo Karate
(609) 698-3212, Sensei Rodney Mohan

NEW EGYPT

Professor Chow's Chinese
Kara-Ho Kempo Karate
(609) 693-0993, Sensei Carl Baldini

NEW MEXICO

ALBUQUERQUE
Lee's Gung Fu Inst. & Fitness
1715 San Pedro NE, 87110
(505) 255-5800
Inst. Steve Lee Johnson

NEW YORK

BRONX
Ortiz Northern Praying Mantis
Chinese Boxing Academy
700 Elton Ave., 4th Fl., 10455
(718) 402-5475, Inst. Raul Ortiz

BROOKLYN
Michael Militano
Wing Chun Kung Fu
4925 5th Ave., 11220
(718) 435-1667, Inst. Michael Militano

White Eyebrow Kung Fu

5013 8th Ave., 11220
(718) 259-9193
Inst. Man-Kwong Fong

CORONA
May Tat Ving Tsun Kung Fu
Queens, 11368
(516) 822-9829, Sifu Micky Chan

LONG ISLAND

Long Island Wing Chun
Kung-Fu Academy
(516) 733-4384

MERRICK

Chan Tai-San Kung-Fu Centers
59 Merrick Ave., 11566
(516) 546-6666, Sifu Michael Parrella

NEW YORK

Bok Lei Bo, Inc.
78 Bayard St., 10013
(212) 233-0935, Inst. Kevin Bo Hong

Lak-Sao Ch'uan-Fu Gung Fu
524 Fort Washington Ave., 10033
(212) 740-3472, Si Bok Robert Grant,
Sean David Shapiro

Lama Kung-Fu
5 E. 17th St., 3rd Floor, 10003
(212) 647-0007, Sifu Chan Tai-San

Wing Chun Original
303 Park Ave. South, Room 318
(914) 234-0281
Sifu Chung Kwok Chow

Ying Yee Kwoon
Hung Gar Kung Fu
440 Lafayette St., 5th Floor, Room 5E
10003, (212) 714-7706, Sifu Tony
Lau, Inst. Paul Koh

ROCHESTER

Steve Lee Swift Wing Chun
Kung Fu
3400 Monroe Ave., (2nd Floor Dragon
Palace, 14618)
(716) 383-0100, Inst. Steve Lee Swift

THORNWOOD

Kwan's Kung-Fu Studio
Fu Jow Pai
950 Broadway 10594
(914) 474-4545, Sifu Shue Yiu Kwan

YONKERS

Chinese Kenpo
Holy Rosary Center
P.O. Box 473, 10703
(914) 964-0398, Sifu Stuart Barksdale,
Sifu Anthony Fox, Tony Fox V.P.

OHIO

CANTON
Victory Asian Arts
3828 Cleveland Ave., NW, 44709

DAYTON
Professor Chow's Chinese
Kara-Ho Kempo Karate
(513) 237-5087/890-0917
Sensei Joe Seng

POWELL (COLUMBUS)

Tony Brown's Kung Fu School
P.O. Box 1273, 43065
(614) 777-9309, Sifu Tony Brown

OKLAHOMA

LAWTON
Professor Chow's Chinese
Kara-Ho Kempo Karate
(405) 357-8929
Sensei Rick McCollister

MOORE
Twin Dragon Studio Choy-Li-Fut
Tai Chi International Federation
2101 S. Broadway 73160
(405) 799-6700, Inst. R.J. Williams

RHODE ISLAND

CRANSTON
Nick Cerio's Kenpo
935 Park Avenue, 02910
(401) 467-0045, Sensei Brian Regan

CUMBERLAND

Nick Cerio's Kenpo
2081 Diamond Hill Road, 02864
(401) 334-2070, Sensei Mark Sheeley
3368 Mendon Road, 02864
(401) 658-1595, Sensei Mark Sheeley

EAST GREENWICH

Nick Cerio's Kenpo
142 Duke Street, 02818
(401) 886-4177
Chief Inst. Sensei Al Ginterante

JOHNSTON

Nick Cerio's Kenpo
1478 Arwood Avenue, 02919
(401) 454-KICK
Sensei Stephen Lombardi

PAWTUCKET

Nick Cerio's Kenpo
36 East Avenue, 02860
(401) 723-0414, Sihan Larry Sullivan

WARWICK
Nick Cerio's Kenpo
400 Warwick Avenue, 02888
(401) 941-0870, Professor Nick Cerio

Nick Cerio's Kenpo

1904-6 Warwick Avenue, 02889
(401) 738-9111
Sensei Kevin O'Donnell

SOUTH CAROLINA

GREENVILLE
Mike Sanders Karate Inc.
1831 Wade Hampton Blvd. 29609
(803) 292-3453, Inst. Mike Sanders

TENNESSEE

MEMPHIS
Dach Oriental Imports
3933 Summer Ave., 38122
(901) 872-4638

TEXAS

FORT WORTH
Keller's Academy of Self Defense
P.O. Box 330475, 76163
(817) 292-6523

IRVING

Professor Chow's Chinese
Kara-Ho Kempo Karate
743 Jennifer Circle, 75060
(214) 253-7641 Sensei Chris Diammango

RICHARDSON
M.A.R.S./JKD Inst. of
Scientific Streetfighting
500 E. Arapaho Rd. #202, 75081
(214) 497-1401, Inst. Curry Blake

WICHITA FALLS

Powell's United Martial Arts
1501 Midwestern Pkwy., #103, 76302
(817) 322-5425, Inst. Sam Powell

UTAH

OREM
Wing Chun Kung Fu Council/
Headquarters
300 N. 40 West, 84058
(801) 225-6114, Sifu Ron Heimberger

SALT LAKE CITY

Shaolin Chi Mantis™
P.O. Box 58547, 84158
(801) 595-1123, Sifu Richard O'Connor

VIRGINIA

RICHMOND
Pa Kuo Chang Kung Fu
11101 Midlathian Turnpike 23235
(804) 794-8384, Sifu Bok Nam Park

WASHINGTON

BELLEVUE
Tracy's Chinese Kenpo Karate
13433 NE 20th St., 98005
(206) 747-0092, Inst. Jerry Samuelson

SEATTLE

Seattle Kuk Sool Institute
1525 10th Ave., 98102
(206) 324-0960, James Ki-Min Kim

Seattle Kung-Fu Club
6561/2 S. King St., 98104
(206) 624-3838, Inst. John Leong

Wing Chun Original

2211 First Ave., 98121
(206) 522-791



FAX: 1-415-626-3410; TOLL FREE NUMBER: 1-800-362-8850

BRENDAN LAI'S SUPPLY CO.

WHOLESALE, RETAIL, MAIL ORDERING, BOOK DISTRIBUTION

2075 MISSION STREET
SAN FRANCISCO, CA 94110
(415) 626-8850

SALE INFORMATION:

- (1) Retail prices on most of the items listed on our 2-page ad have been drastically reduced already. You can order them **individually as priced**, or **order groups of weapons** as listed, with further discounts ranging from **40% to 45%**.
- (2) You have the option to **delete any one (1) item** you don't like from your choice group, and **substitute with any item** in our ad, provided the new total amount is equal to, or higher than the original total amount. That item itself will be **discounted at exactly 40%**. The rest of the group will be recalculated according to the discounts listed. Please specify if you wish to do that, and if so, what items are involved.
- (3) Once you purchase any one group of weapons, you can **on the same order purchase**

other weapons from these 2-page ad at an attractive **40% discount**. This is definitely a good time to buy all you need and **save tremendously**.

- (4) A **50% discount** is available if you choose to purchase a group of traditional **18 weapons**. Please call for consultation and also **P + H** quotation.
- (5) Please specify the **blade length** you desire on those weapons with such choices.
- (6) To order, please see **"ORDERING INFORMATION CHART"** on this page.
- (7) If we happen to run out of any item in the group you pick, we will call you to suggest a **substitution** which will be **discounted at the same rate as of the group picked**.
- (8) This sale ends when our stock runs out, or when U.S. increases China products' import duty rates drastically. **So, hurry and buy now** while they are at such low sale prices!!!

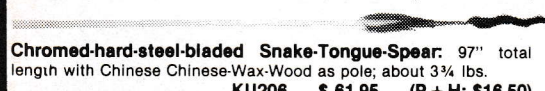
Group #5: These long weapons are for general practitioners:



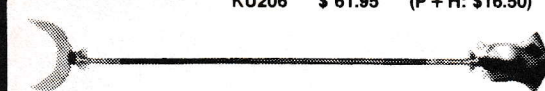
Chromed-hard-steel-bladed Southern-Tiger-Fork: 91" total length with a 70½" long Chinese White-Wax-Wood pole; about 4½ lbs.
KU200 \$ 79.95 (P + H: \$16.50)



Chromed-hard-steel-bladed Single-Sided-Halberd: 98" total length with Chinese White-Wax-Wood as pole; about 4½ lbs.
KU205 \$ 74.95 (P + H: \$16.50)



Chromed-hard-steel-bladed Snake-Tongue-Spear: 97" total length with Chinese White-Wax-Wood as pole; about 3¾ lbs.
KU206 \$ 61.95 (P + H: \$16.50)



Chromed-hard-steel-bladed Monk's Spade: 81½" total length; about 6 lbs.
KU207 \$150.00 (P + H: \$16.50)



Chromed-steel-bladed Shuang-Sou-Dau: 63½" total length with a 30" blade; about 4 lbs.
KU425 \$ 82.95 (P + H: \$ 6.00)

Total value for this group is \$449.80. You can now buy this group of weapons for only **\$269.50**, a **40.08%** savings. (P + H: \$24.00)

Group #6: Combat steel long weapons with thick, heavy & solid woodpole for serious training:



Combat-steel-bladed Southern-Tiger-Fork: 86¼" total length; about 9 lbs.
KU492 \$160.00 (P + H: \$16.50)



Combat-steel-bladed Single-Sided-Halberd: 94" total length; about 7 lbs.
KU496 \$130.00 (P + H: \$16.50)



Combat-steel-bladed Snake-Tongue-Spear: 92¼" total length; about 6 lbs.
KU497 \$ 99.95 (P + H: \$16.50)



Combat-steel-bladed 9-Rings-Lance: 85" total length; about 8 lbs.
KU493 \$250.00 (P + H: \$16.50)



Eyebrow-Height staff: Made of real hard wood of 67" long, and about 1 3/8" in diameter with a metal cap on each end; about 1½ lbs.
KU491 \$ 79.95 (P + H: \$ 5.00)

Total value for this group is \$719.90. You can now buy this group of weapons for only **\$395**, a **45.13%** savings. (P + H: \$30.00)

OTHER ITEMS:



Wing Chun poster with Grandmaster Yip Man's photo: 22¼" x 34", black & white. A must for all Wing Chun alters. Sent rolled up in a cardboard.

MS108 \$ 10.95 (P + H: \$3)

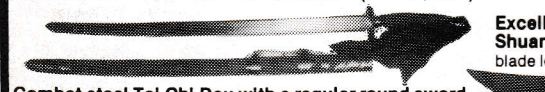


Wushu shield: 21" diam. Made of rattan frame and padded with cotton.
(P + H: \$16.50)

KU565 \$ 79.95



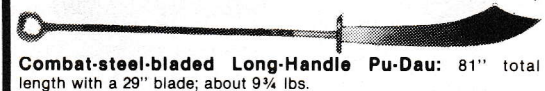
Combat steel Tai-Chi-Dau with S-shape guard and a rosewood case: 41¼" total length with a 31½" blade; about 3½ lbs.
KU618 \$295.00 (P + H: \$ 6.00)



Combat steel Tai-Chi-Dau with a regular round sword-guard and a rosewood case: 40½" total length with a 31½" blade; about 2¾ lbs.
KU619 \$295.00 (P + H: \$ 6.00)



Combat-steel-bladed Shuang-Sou-Dau: 63" total length with a 30½" blade; about 7½ lbs.
KU488 \$225.00 (P + H: \$ 8.50)



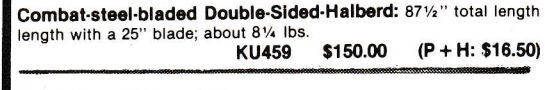
Combat-steel-bladed Long-Handle Pu-Dau: 81" total length with a 29" blade; about 9½ lbs.
KU426 \$250.00 (P + H: \$16.50)



Combat-steel-bladed Green-Dragon Big Quan-Dao: 85½" total length with a 23½" blade; about 9½ lbs.
KU495 \$330.00 (P + H: \$16.50)



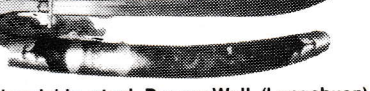
Combat-steel-bladed Double-Sided-Halberd: 87½" total length with a 25" blade; about 8¼ lbs.
KU459 \$150.00 (P + H: \$16.50)



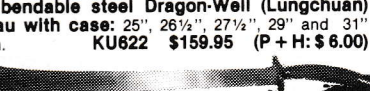
Wing Chun 8' Long Pole: Made of real hard wood, with one end slightly tapered, and the other end about 1¼" in diam.; about 5¼ lbs.
KU345 \$49.95 (P + H: \$16.50)



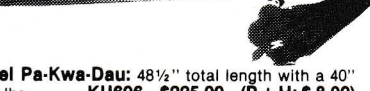
Excellent bendable steel Dragon-Well (Lungchuan) Shuang-Dau with case: 25", 26½", 27½", 29" and 31" blade length.
KU622 \$159.95 (P + H: \$ 6.00)



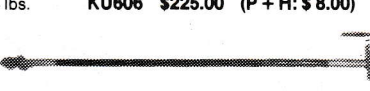
Combat steel Pa-Kwa-Dau: 48½" total length with a 40" blade; about 4 lbs.
KU606 \$225.00 (P + H: \$ 8.00)



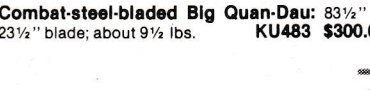
Combat-steel-bladed Big Quan-Dau: 83½" total length with a 23½" blade; about 9½ lbs.
KU483 \$300.00 (P + H: \$16.50)



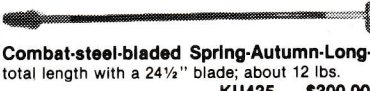
Combat-steel-bladed Spring-Autumn-Long-Handle-Knife: 85" total length with a 24½" blade; about 12 lbs.
KU435 \$300.00 (P + H: \$16.50)



Combat-steel-bladed Monk's Spade:
(A) M: 70½" total length; about 9¾ lbs.
KU449 \$270.00 (P + H: \$16.50)
(B) L: total length; about 10¾ lbs.
KU498 \$300.00 (P + H: \$16.50)



Light spring steel Wushu Shuang-Dau with case and a cloth bag: 25", 26½", 27½" and 29" blade length.
KU620 \$ 69.95 (P + H: \$ 6.00)



Light spring steel Shuang-Sou-Jiann with case: 49" total length with a 38½" blade; about 1.8 lbs.
KU652 \$ 89.95 (P + H: \$ 6.00)

ORDERING INFORMATION CHART:

- (1) Pls send orders in w/name, add. & tel. no. legibly written.
- (2) Money orders only! **No personal check accepted!**
- (3) When ordering one item or one group of weapons only, pls follow P + H listed. For more items than that, pls call first for exact P + H.
- (4) Californians, pls add 7% sales tax.
- (5) Foreign countries, pls call or write first for shipping charges.
- (6) Free catalogs will be shipped with orders. To get one without purchase, pls send four 29c stamps for mailing.
- (7) Visa & Mastercards are welcomed for orders over \$20. To call in your orders, pls use our toll free number listed above. Caller must be the cardholder, and should supply driver's license for verification.
- (8) Minors: Pls ask your parents to call or they send in orders for you.
- (9) Pls call for information on other weapons not listed, w/40% disc. if purchased w/any one listed group.



BLT Supplies, Inc. THE COMPLETE MARTIAL ARTS STORE BOOK

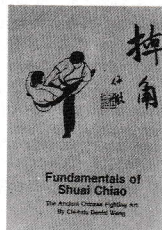
New Release



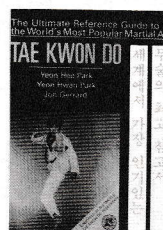
82001 THE NUCLEUS OF THE WING CHUN SYSTEM 108 WOODEN DUMMY & WEAPONARY TECHNIQUES \$14.95
80570 THE NUCLEUS OF WING CHUN SYSTEM \$28.50
BY STEPHEN CHAN



80356 SHAOLIN KUNG FU \$8.50
BY LI YIN JIE



80368 FUNDAMENTALS OF SHUAI CHIAO THE ANCIENT CHINESE FIGHTING ART \$17.99
BY CHI HSU AND DANIEL WENG



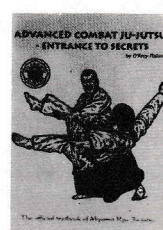
80605 TAE KWON DO THE ULTIMATE REFERENCE GUIDE TO MOST POPULAR MARTIAL ART \$12.95
BY YEON PARK AND JON GERRARD



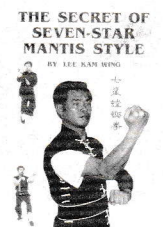
80384 QIGONG ESSENTIALS FOR HEALTH PROMOTION \$19.99
BY JIAO GUORU



80555 KWAK'S COMPETITION TAE KWON DO \$9.50
BY MARK I LES



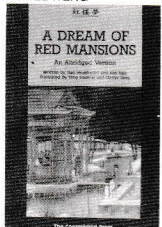
80888 COMBAT JU-JITSU, THE LOST ART \$18.95
80917 ADVANCED COMBAT JU-JITSU, ENTRANCE TO SECRETS \$24.95
BY D'ARCY RAHMING



80006 SECRET OF SEVEN STAR MANTIS STYLE \$13.95
BY LEE KAM WING



80542 WAH LUM TEMPLE KUNG-FU FIRST FIST FORM \$8.95
BY MASTER P. CHAN



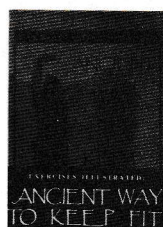
81011 A DREAM OF RED MANSIONS \$16.99
BY TSAO HSUEN-CHIN AND KAO NGO



81115 "SUN WU'S ART OF WAR" AND THE ART OF BUSINESS MANAGEMENT \$12.99
BY LI SHIJUN, YANG XIANJU, AND QIN JIRUI



80184 INTERNATIONAL WUSHU COMPETITION ROUTINES \$28.50
BY XIE SHOUDE

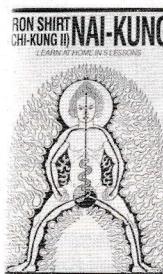


80208 ANCIENT WAY TO KEEP FIT \$35.99
BY ZONG WU AND LI MAO



80554 A CHINESE-ENGLISH AND ENGLISH-CHINESE GLOSSARY OF WUSHU AND QIGONG TERMINOLOGY \$35.99

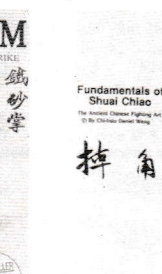
VIDEO



90160 NAI-KUNG (IRON SHIRT CHI KUNG I) \$79.00
90161 NAI-KUNG (IRON SHIRT CHI KUNG II) \$89.00
90162 ROUND CHI KUNG \$79.00
BY DON AHN



90197 SHAOLIN'S SECRET KUNG FU IRON PALM MASTER CHI KUNG AND DEADLY STRIKE \$29.99
BY TAK WAH ENG



90252 FUNDAMENTALS OF SHUAI CHIAO \$50.00
BY DANIEL WENG



90266 SMALL CIRCLE JUJITSU BEGINNING TAPE 1 \$49.00
90267 SMALL CIRCLE JUJITSU JUDO TAPE 2 \$49.00
90268 SMALL CIRCLE JUJITSU GRAPPLING TAPE 3 \$49.00
BY WALLY JAY



90315 WING CHUN COMBAT APPLICATION \$29.99
90460 WING CHUN STICKY HAND PRACTICE \$39.99
BY CHUNG K CHOW



90380 SIMPLIFIED TAI CHI CHUAN (INSTRUCTIONAL) \$69.95
BY BOW SIM MARK



90427 JEET KUNE DO / WING CHUN LEVEL I \$30.00
BY JESUS A. STANTAGO



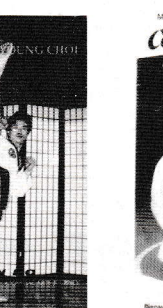
90458 SHAOLIN TEMPLE FIGHTING MONKS KUNG FU \$39.95
BY JOHN S. S. LEONG



90461 MOVE TIGER - TIGER CLAW KUNG FU SERIES \$39.99
BY TAK WAH ENG



90500 A MARTIAL ARTS JOURNEY TAE KWON DO \$50.00
BY KEE YOUNG CHOI



90508 COMBAT JU-JITSU \$49.95
90509 ADVANCE COMBAT JU-JITSU \$49.95
BY D'ARCY RAHMING



90126 TRADITIONAL YANG STYLE TAI CHI QUAN \$39.95
BY LIU GAOMING

TO ORDER CALL **TOLL FREE : 1800-322-2860**
OR WRITE TO : BLT SUPPLIES, INC., MAIL ORDER DEPT. 35-01 QUEENS BLVD., L.I.C., NY 11101-1720
TEL (718) 392-5671 FAX (718) 392-5705

Please use order form on BLT's inside back cover ad!

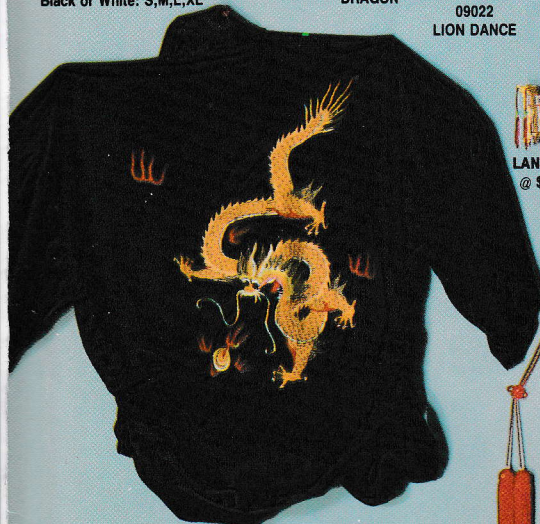


09008
YING YANG

MARTIAL ARTS T-SHIRT @ \$6.99
Black or White: S,M,L,XL

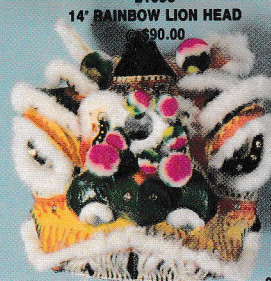
09023
DRAGON

09022
LION DANCE



521001 SILK KIMONO
w/ Dragon Emb: Black, Red, White, Blue
@ \$35.00

05025 PROFESSIONAL RATTAN STICK 29" @ \$9.99



14" RAINBOW LION HEAD
\$90.00



04106
KENPO

STAR BUCKLE @ \$7.50

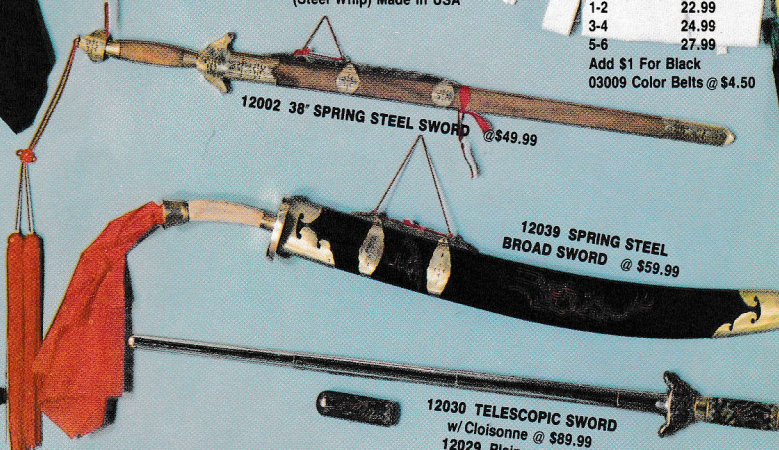
10014
Round

10066 Square

21014 KIYOGA @ \$49.99
(Steel Whip) Made in USA



LANTERN
@ \$1.99



12002 38" SPRING STEEL SWORD @ \$49.99

12039 SPRING STEEL
BROAD SWORD @ \$59.99

12030 TELESCOPIC SWORD
w/ Cloisone @ \$89.99
12029 Plain @ \$49.95

RATTAN STAFF 05027 72" @ \$21.99 05028 60" @ \$15.99

HARDWOOD STAFF 05021 50" @ \$12.99 05022 72" TAPERED ENDS @ \$18.99 05039 72" Straight @ \$18.99

BOOKS

ANALGESIC
LINIMENT
21041 3.4 oz. \$5.99
21042 1 oz. \$2.99

80350
\$12.95

DIT DAJOU
TIGER CLAW
21041 3.4 oz. \$5.99
21042 1 oz. \$2.99

80250
\$9.95

KWAN-DAO PLAY

80249
\$8.95

WING
TIGER

80618
\$11.95

Body
Mechanics

80398
\$12.95

Drunk
Monkey

80462
\$9.95

the
PUNISHING KUNGFU

80316
\$3.50

Paralyzer

KUNG FU SHOES (IMPORTED FROM CHINA)

15001 RUBBER SOLE \$4.50
15002 RUBBER TAICHI \$4.50
15003 COTTON SOLE \$4.99
15004 COTTON TAICHI \$4.50

15005 RUBBER LADIES \$3.99
15006 RUBBER FLOWER \$4.99
15008 GIRL KP SHOES \$3.50
15009 BOY KP SHOES \$3.50

80124
\$10.50

81195
\$11.95

81162
\$6.00

80706
\$8.95

80725
\$3.50

80317
\$3.50



PINETREE LEATHER KICKING SHOES

15016 15017
White \$34.99 Black \$35.99

03012 SHORT SUEDE VELVET K.F. BOOTS \$15.99

15014 COTTON BOOT w/Zipper \$9.99

15015 COTTON BOOT w/Lace \$9.99



HEALTH EXER BALLS

06032M 2.5" \$9.99
06033M 2.0" \$12.99
06034M 2.25" \$14.99

VIDEOS

90009 \$49.95
90017 \$30.00
90096 \$34.95
90125 \$39.95



TEAR GAS

14040 Police Unit \$9.99
14041 Pocket Unit \$6.50
14042 Key Chain \$6.50

90145
\$39.95

07062 SINGLE EXERWHEEL \$7.99

07062A Double EXERWHEEL \$9.99



QTY.	NO.	DESCRIPTION	SIZE	PRICE	TOTAL

Minimum order \$10.00 Sub-Total
CREDIT CARD ORDER: N.Y. Residents 8 1/4 % Sales Tax
VISA MASTERCARD DISCOVER CARD
EXP. DATE CARD NO.
SIGNATURE
TEL: _____
Prepaid orders (Certified Check, Money order) will be processed first. 4-6 weeks delivery on order paid by personnel check.

NEW LOCATION

Send to: **BLT SUPPLIES, INC.**
Mail Order Dept.
35-01 Queens Blvd., L.I.C., NY 11101-1720
(Please print) (718) 392-5671 FAX (718) 392-5705

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

Shipping Charges for 48 States: Up to \$30.00... \$3.00; Up to \$50.00... \$5.00; Up to \$100.00... \$10.00; Over \$100.00... 8% of total order. Canada \$5.00 or 8%, whichever is greater. Other countries or states, please send in order for quotation. Specify sea or air parcel post. Foreign money order must be in U.S. dollar drawn on U.S. bank. Send \$3.00 for 32 page color catalog.

AWMA
Asian World Of Martial Arts, Inc.

WE'VE CHOPPED UP THE COMPETITION FOR ONE
POWERFUL ISSUE



World Champion Richard Branden
El Segundo, CA

**THE 1994 AWMA
SUPPLEMENT
CATALOG**

CALL NOW TO RECEIVE
YOUR COPY **FREE!**
1-800-345-AWMA



SEE OUR ADS ON PAGES 102-105

©1994 AWMA, Inc.

917-21 Arch Street, Philadelphia, PA 19107-2477 • 800-345-2962 • 800-925-2962 • 215-925-1161 • FAX 800-922-2962 • FAX 215-925-1194